

513-244-5485		MEALS OF WHEELS SOUTHWEST OH & NORTHERN KY		
1 MONDAY	2 TUESDAY	3 WEDNESDAY	4 THURSDAY	5 FRIDAY
Spaghetti & Meatballs	Baked Chicken w. Gravy	Cincinnati Chili & Spaghetti	Country Fried Steak	Sloppy Joe w/no bun
Italian Vegetables	Herbed Dressing	Shredded cheese	Scalloped Potatoes	Green Beans
Spinach	Brocolli & Cauliflower	Corn & Black Beans	Cailfornia Vegetables	Roasted Bakers
Slice of bread	Slice of Bread	Cinnamon Apples	Slice of Bread	Slice of bread
Sun Butter	Apple Juice	Oyster Crackers	Tropical Fruit Juice	Diced Pears
Fig bar	Snack bar	Pineapple Cup	Nutri-grain bar	Cheese It Crackers
8 MONDAY	9 TUESDAY	10 WEDNESDAY	11 THURSDAY	12 FRIDAY
Boneless Chicken	Grilled Sausage	Turkey & Gravy	Chicken Alfredo	Flame Broiled Beef
Bites Au Gratin Potatoes	w/Onion and Peppers Potato Wedges	Mashed Potatoes	w/Penne Pasta Sliced Carrots	Steak Roasted Bakers
Mixed Vegetables	Mixed Vegetables	Green Beans	Broccoli	Mixed Vegetables
Slice of Bread	Slice of Bread	Slice of Bread	Slice of Bread	Slice of bread
Sun Butter	Apple Juice	Diced Pears	Tropical Fruit Juice	Peaches
	Apple duies			
Mixed Fruit Cup		Town house Crackers	Snack Bar	Brownie
15 MONDAY	16 TUESDAY	17 WEDNESDAY	18 THURSDAY	19 FRIDAY
Ham and Beans	Lasagna Rollup w/Meat Sauce	Chicken Strips	Meatloaf w. gravy	Salisbury Steak/Gravy
Spinach	Mixed Vegetables	Mixed Vegetables	Mashed Potatoes	Parslied Potatoes
Redskin Potatoes	Apple Crisp	Sweet Potato Cubes	Carrots	Mixed Vegetables
Slice of Bread	Slice of Bread	Sun Butter	Slice of Bread	Slice of Bread
Apple Sauce	Grape Juice	Tropical Fruit Juice	Mixed Fruit Cup	Sun Butter
Sun Chips	Graham Crackers	Brownie	Lorna Doone Cookie	Diced Peaches
22 MONDAY	23 TUESDAY	24 WEDNESDAY	25 THURSDAY	26 FRIDAY
Cheeseburger	Pot Roast	Cheeseburger Meatloaf	Spaghetti & Meatballs	Baked Chicken w. Gravy
Sweet Potato Puff	Parslied Noodles	Baby Bakers	Italian Vegetables	Herbed Dressing
Mixed Berry Crisp	Collard Greens	California Vegetables	Spinach	Brocolli & Cauliflower
Slice of bread	Slice of Bread	Slice of bread	Slice of bread	Slice of Bread
Sun Butter	Diced Peaches	Orange Juice	Sun Butter	Apple Juice
Orange	Choc. Crème cookie	Town house-crackers	Fig bar	Snack bar
29 MONDAY	30 TUESDAY			
Cincinnati Chili & Spaghetti	Country Fried Steak			
Shredded cheese	Scalloped Potatoes			
Corn & Black Beans	Cailfornia Vegetables			
Cinnamon Apples	Slice of Bread			
Oyster Crackers	Tropical Fruit Juice			
Pineapple Cup	Nutri-grain bar			