September KY TR Menu 2025 513-244-0660 MEALS OF WHEELS
SOUTHWEST ON & NORTHERN KY Diabetic/Cardiac Friendly 1 MONDAY 2 TUESDAY 3 WEDNESDAY 4 THURSDAY 5 FRIDAY

Spaghetti & Meatballs w/Marinara	Herbed Baked Chicken	Cincinnati Chili & Spaghetti	Country Fried Steak	Cheeseburger/No Bun
Green Beans	Sweet Potato Cubes	Corn	Scalloped Potatoes	Diced white Potatoes
Sice of Bread	Green Peas	Cinnamon Apples	Cailfornia Vegetables	Mixed Berries
Grape Juice	Slice of Bread	Oyster Crackers	Slice of Bread	Slice of Bread
SF Pudding	Apple Juice	Grape Juice	Peaches	Tropical Fruit Juice
	SF Lemon Cookie		SF Choc Chip Cookie	Ritz Bitz
8 MONDAY	9 TUESDAY	10 WEDNESDAY	11 THURSDAY	12 FRIDAY
Chicken Strips	Pot Roast	Turkey & Gravy	Spaghetti & Meatballs w/Marinara	Cheeseburger Meatloaf
Italian Mixed Vegetables	Noodles	Mashed Potatoes	Green Beans	Baby Bakers
Sweet Potato Cubes	Collard Greens	Green Beans	Sice of Bread	California Vegetables
Slice of Bread	Slice of Bread	Slice of Bread	Grape Juice	Slice of Bread
Mixed Fruit Cup	Diced Peaches	Diced Pears	SF Pudding	Apple Juice
Club Crackers	SF Choc Chip Cookie	SF Pudding		Club Crackers
15 MONDAY	16 TUESDAY	17 WEDNESDAY	18 THURSDAY	19 FRIDAY
Ham and Beans	Spaghetti & Meatballs w/Marinara	Chicken Strips	Homestyle Meatloaf	Salisbury Steak
Spinach	Green Beans	Italian Mixed Vegetables	Sweet Potato Patty	Mashed Potatoes
Red Skin Potatoes	Sice of Bread	Sweet Potato Cubes	Oregon Blend Vegetables	Green Beans
Slice of Bread	Tropical Fruit Juice	Slice of Bread	Slice of Bread	Slice of Bread
Applesauce	SF Pudding	Mixed Fruit Cup	Tropical Fruit Juice	Sun Butter
Ritz Bitz		Club Crackers	Sun Butter	Grape Juice
22 MONDAY	23 TUESDAY	24 WEDNESDAY	25 THURSDAY	26 FRIDAY
Cheeseburger/No Bun	Pot Roast	Cheeseburger Meatloaf	Spaghetti & Meatballs w/Marinara	Herbed Baked Chicken
Diced white Potatoes	Noodles	Baby Bakers	Green Beans	Sweet Potato Cubes
Mixed Berries	Collard Greens	California Vegetables	Sice of Bread	Green Peas
Slice of Bread	Slice of Bread	Slice of Bread	Tropical Fruit Juice	Slice of Bread
Tropical Fruit Juice	Diced Peaches	Apple Juice	SF Pudding	Apple Juice
Ritz Bitz	SF Choc Chip Cookie	Club Crackers		SF Lemon Cookie
29 MONDAY	30 TUESDAY			
Cincinnati Chili & Spaghetti	Country Fried Steak			
Corn	Scalloped Potatoes			
Cinnamon Apples	Cailfornia Vegetables			
Oyster Crackers	Slice of Bread			
Grape Juice	Peaches			
	SF Choc Chip Cookie			