

Meals on Wheels						
Sep-25		513-244-5485		TR Daily Menu		
	1 MONDAY	2 TUESDAY	3 WEDNESDAY	4 THURSDAY	5 FRIDAY	6 SATURDAY
	Flamed Broiled Steak	Turkey Ham and Beans	Cheeseburger/No Bun	Pot Roast	Spaghetti & Meatballs w/Marinara	Cincinnati Chili & Spaghetti
	Roasted Baby Bakers	Spinach	Diced white Potatoes	Noodles	Green Beans	Corn
	Mixed Vegetables	Red Skin Potatoes	Mixed Berries	Collard Greens	Sice of Bread	Cinnamon Apples
	Slice of Bread	slice of bread	Slice of Bread	Slice of Bread	Tropical Fruit Juice	Oyster Crackers
	Peaches	Applesauce	Tropical Fruit Juice	Diced Peaches	SF Pudding	Grape Juice
	Snack Bar	Club Crackers	Ritz Bitz	SF Choc Chip Cookie		
7 SUNDAY	8 MONDAY	9 TUESDAY	10 WEDNESDAY	11 THURSDAY	12 FRIDAY	13 SATURDAY
Chicken Strips	Ham and Beans	Turkey & Gravy	Herbed Baked Chicken	Homestyle Meatloaf	Salisbury Steak	Cheeseburger/No Bun
Italian Mixed Vegetables	Spinach	Mashed Potatoes	Sweet Potato Cubes	Sweet Potato Patty	Mashed Potatoes	Diced white Potatoes
Sweet Potato Cubes	Red Skin Potatoes	Green Beans	Green Peas	Oregon Blend Vegetables	Green Beans	Mixed Berries
Slice of Bread	Slice of Bread	Slice of Bread	Slice of Bread	Slice of Bread	Slice of Bread	Slice of Bread
Mixed Fruit Cup	Applesauce	Diced Pears	Apple Juice	Tropical Fruit Juice	Sun Butter	Tropical Fruit Juice
Club Crackers	Ritz Bitz	SF Pudding	SF Lemon Cookie	Sun Butter	Grape Juice	Ritz Bitz
14 SUNDAY	14 MONDAY	15 TUESDAY	16 WEDNESDAY	17 THURSDAY	18 FRIDAY	19 SATURDAY
Pot Roast	Spaghetti & Meatballs w/Marinara	Cheeseburger Meatloaf	Country Fried Steak	Ham and Beans	Chicken Strips	Cincinnati Chili & Spaghetti
Parslied Noodles	Green Beans	Baby Bakers	Scalloped Potatoes	Spinach	Italian Mixed Vegetables	Corn
Collard Greens	Sice of Bread	California Vegetables	Caifornia Vegetables	Red Skin Potatoes	Sweet Potato Cubes	Cinnamon Apples
Slice of bread	Tropical Fruit Juice	Slice of Bread	Slice of Bread	Slice of Bread	Slice of Bread	Oyster Crackers
Pineapple Cup	SF Pudding	Orange Juice	Peaches	Applesauce	Mixed Fruit Cup	Grape Juice
Brownie		Towne House Crackers	SF Choc Chip Cookie	Ritz Bitz	Club Crackers	
21 SUNDAY	22 MONDAY	23 TUESDAY	24 WEDNESDAY	25 THURSDAY	26 FRIDAY	27 SATURDAY
Cheeseburger/No Bun	Pot Roast	Spaghetti & Meatballs w/Marinara	Cheeseburger Meatloaf	Country Fried Steak	Ham and Beans	Chicken Strips
Diced white Potatoes	Parslied Noodles	Green Beans	Baby Bakers	Scalloped Potatoes	Spinach	Italian Mixed Vegetables
Mixed Berries	Collard Greens	Sice of Bread	California Vegetables	California Vegetables	Red Skin Potatoes	Sweet Potato Cubes
Slice of Bread	Slice of bread	Tropical Fruit Juice	Slice of Bread	Slice of Bread	Slice of Bread	Slice of Bread
Tropical Fruit Juice	Pineapple Cup	SF Pudding	Orange Juice	Peaches	Applesauce	Mixed Fruit Cup
Ritz Bitz	Brownie		Towne House Crackers	SF Choc Chip Cookie	Ritz Bitz	Club Crackers
28 SUNDAY	29 MONDAY	30 TUESDAY				
Cincinnati Chili & Spaghetti	Turkey & Gravy	Herbed Baked Chicken				
Corn	Mashed Potatoes	Sweet Potato Cubes				
Cinnamon Apples	Green Beans	Green Peas				
Oyster Crackers	Slice of Bread	Slice of Bread				
Grape Juice	Diced Pears	Apple Juice				
	SF Pudding	SF Lemon Cookie				