

# November

## 2016

Kentucky HOT Meals  
Only

Wesley Community Services  
513-244-5485

2% milk, skim milk, chocolate milk,  
or cheese available.

White or wheat breads are  
available. Margarine provided.  
Wesley uses fresh herbs and spices  
in their meal preparation.  
Mrs. Dash is available upon  
request.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>7</b> Breaded Chicken w/Brown Rice Broccoli Fruit Cocktail Peanut Butter Cup Cranberry Juice 1 Slice of Bread	<b>1</b> Rib w/BBQ Sauce Spinach Sweet Potato Pineapple Cup Cereal 1 Slice of Bread	<b>2</b> Lasagna Roll w Crumbled Sausage & Marinara Green Beans Cauliflower Club Cracker Fresh Fruit 1 Slice of Bread	<b>3</b> Pork Chop Diced Beets Broccoli Pear Cup Cereal 1 Slice of Bread	<b>4</b> Meatballs w/Mushroom-Onion Gravy & Elbow Noodles Lima Beans Broccoli Tropical Juice Pear Cup 1 Slice of Bread
<b>14</b> Country Fried Steak w/Gravy Pea/Carrots Diced Peaches Chez Its Apple Juice 1 Slice of Bread	<b>8</b> Spaghetti w/Meat Sauce Peach Crisp Cauliflower Pear Cup Cereal	<b>9</b> BBQ Pork Macaroni & Cheese Green Beans Mandarin Orange Cup Peanut Butter Cup 1 Slice of Bread	<b>10</b> Turkey Mett w/Sauerkraut Mashed Potato Green Beans Pineapple Cup Chez Its 1 Slice of Bread	<b>11</b> Grilled Breast Macaroni & Cheese Peas/Carrots Tomato Juice Fresh Fruit Cereal 1 Slice of Bread
<b>21</b> Sliced Turkey w/Broth Lima Beans German Potato Salad Chez Its Fresh Fruit 1 Slice of Bread	<b>15</b> Taco Meat w/Shredded Cheese & Tortilla Shell Brown Rice Black Beans Mandarin Orange Cup Tomato Juice	<b>16</b> Salisbury Steak w/Gravy Mashed Potato Apple Crisp Fruit Bar Cranberry Juice Peanut Butter Cup 1 Slice of bread	<b>17</b> Meatloaf w/Gravy Spinach Pea/Carrots Pineapple Cup Fresh Fruit Cereal 1 Slice of Bread	<b>18</b> Cincinnati Chili w/ Spaghetti Shredded Cheese Black Beans Apple Crisp Fruit Roll Up Apple Juice 1 Slice of Bread
<b>28</b> Teriyaki Chicken w/White Rice Mixed Greens Muffin Pineapple Cup Fresh Fruit	<b>22</b> Ham Cauliflower w/Peppers Sweet Potato Pucks Fresh Fruit Cheese Its Grape Juice 1 Slice of Bread	<b>23</b> Chicken Strips w/Brown Rice Succotash Fruit Cocktail Cranberry Juice Cereal	<b>24</b> Closed for- Thanksgiving	<b>25</b> Closed for- Thanksgiving
<b>29</b> Cheese Beef Casserole Diced Potato Spinach Cereal Mixed Fruit Cup	<b>22</b> Stuffed Shells w/Marinara & Parmesan Vanilla Pudding Cauliflower Peach Crisp Orange Juice 1 Slice of Bread	<b>30</b> Closed for- Thanksgiving	<b>24</b> Closed for- Thanksgiving	<b>25</b> Closed for- Thanksgiving

*Your order may contain  
substitutions sometimes based on  
product availability.*