

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> Cincinnati Chili & Spaghetti Shredded Cheese Corn & Black Beans Cinnamon Apples Orange Fruit Delight	<b>2</b> Chicken Strips Italian Mixed Vegetables Tater Barrels Sun Butter Cranberry Juice Brownie	<b>3</b> Meatloaf Au gratin Potatoes Mixed Vegetables 1 Slice of Bread Fruit Cup Lorna Doone Cookie
<b>6</b> <b>Closed for Labor Day</b>	<b>7</b> Salisbury Steak Mashed Potatoes French Green Beans 1 Slice of Bread Sun Butter Peaches Granola Bar	<b>8</b> Cheeseburger Sweet Potato Puff Mixed Berry Crisp 1 Slice of Bread Orange Marshmallow Pie	<b>9</b> Pot Roast Parslied Noodles Collard Greens 1 Slice of Bread Sun Butter Fruit Cup Oreos	<b>10</b> Cheeseburger Meatloaf Baby Bakers California Mix Veggies 1 Slice of Bread Orange Juice Town House Crackers
<b>13</b> Spaghetti & Meatballs Cinnamon Apples Italian Vegetables 1 Slice of Bread Cranberry Juice Fig Bar	<b>14</b> Herbed Baked Chicken Macaroni & Cheese Chateau Blend Vegetables 1 Slice of Bread Apple Juice Fruit Delight	<b>15</b> Cincinnati Chili & Spaghetti and cheese Corn and Black Beans Cinnamon Apples Sun Butter Grape Juice Fruit Cup	<b>16</b> Country Fried Steak Scalloped Potatoes California Vegetables 1 Slice of Bread Sun Butter Cranberry Juice Donut Stick	<b>17</b> Pork Chop Sauerkraut Diced Parslied Potatoes 1 Slice of Bread Tropical Fruit Juice Brownie
<b>20</b> Boneless Chicken Bites Au gratin Potatoes Mixed Vegetables 1 Slice of Bread Sun Butter Mixed Fruit Fruit Cup	<b>21</b> Grilled Sausage w/ Onion and Peppers Seasoned Potato Wedges Mixed Vegetables 1 Slice of Bread Apple Juice Fruit Cup	<b>22</b> Sliced Turkey & Gravy Dressing Green Beans 1 Slice of Bread Diced Pears Vanilla Cookie	<b>23</b> Chicken Alfredo w/ Penne Pasta Sliced Carrots Broccoli 1 Slice of Bread Tropical Fruit Juice Fruit Delight	<b>24</b> Flame Broiled Beef Steak Roasted Baby Bakers Mixed Vegetables 1 Slice of Bread Banana Snack Bar
<b>27</b> Ham and Beans Spinach Tater Tots 1 Slice of Bread Sun Butter Apple Sauce Sun Chips	<b>28</b> Lasagna Rollups w/ Meat Sauce Italian Mixed Vegetables Apple Crisp 1 Slice of Bread Apple Juice Graham Crackers	<b>29</b> Cincinnati Chili & Spaghetti Shredded Cheese Corn & Black Beans Cinnamon Apples Orange Fruit Delight	<b>30</b> Chicken Strips Italian Mixed Vegetables Tater Barrels Sun Butter Cranberry Juice Brownie	

# September 2021

Congregates & Kentucky  
HOT Meal Clients



**MEALS on WHEELS**  
SOUTHWEST OH & NORTHERN KY

513-244-5485

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

White or wheat breads are available.

Meals on Wheels uses fresh herbs and spices  
in their meal preparation.

Mrs. Dash is available upon request.

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