

Kentucky Hot Menu



October 2021

513-244-5485

MEALS on WHEELS
SOUTHWEST OH & NORTHERN KY

Your order may contain substitutions, based on product availability.

| Monday | Tuesday | Wednesday | Thursday | 1 Friday |
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| <i>Your order may contain substitutions, based on product availability.</i> | | | | |
| 4 Monday | 5 Tuesday | 6 Wednesday | 7 Thursday | 8 Friday |
| Sloppy Joe w/ No bun Green Beans Roasted Baby Bakers Slice of bread Tropical Fruit Juice Cheese It Crackers | Salisbury Steak Mashed Potatoes French Green Beans Slice of Bread Sun Butter Diced Peaches Granola Bar | Cheeseburger Sweet Potato Puff Mixed Berry Crisp Slice of bread Sun Butter Orange Marshmallow Pie | Pot Roast Parslied Noodles Collard Greens Slice of Bread Sun Butter Diced Peaches Oreos | Cheeseburger Meatloaf Baby Bakers California Vegetables Slice of bread Organge Juice Town House Crackers |
| 11 Monday | 12 Tuesday | 13 Wednesday | 14 Thursday | 15 Friday |
| Spaghetti & Meatballs Italian Vegetables Cinnamon Apples Slice of bread Cranberry Juice Fig bar | Herbed Baked Chicken Macaroni & Cheese Chateau Blend Veggies Slice of Bread Apple Juice Fruit Delight | Cincinnati Chili & Spaghetti Shredded cheese Corn & Black Beans Cinnamon Apples Sun Butter Grape Juice Pineapple Cup | Country Fried Steak Scalloped Potatoes Cailfornia Vegetables Slice of Bread Sun Butter Cranberry Juice Donut Stick | Pork Chop Sauerkraut Diced Parslied Potatoes Slice of Bread Tropical Fruit Juice Brownnie |
| 18 Monday | 19 Tuesday | 20 Wednesday | 21 Thursday | 22 Friday |
| Boneless Chicken Bites Au Gratin Potatoes Mixed Vegetables Slice of bread | Grill Sausage w/ Onion and Peppers Potato Wedges Mixed Vegetables | Sliced Turkey & Gravy Dressing Green Beans Slice of bread | Chicken Alfredo w/ Penne Pasta sliced Carrots Brocolli Slice of Bread | Flame Broiled Beef Steak Roasted Baby Bakers Mixed Vegetables Slice of Bread |

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| Sun Butter Mixed Fruit Cup | Slice of Bread Apple Juice Sun Butter | Diced Pears Vanilla Cookie | Tropical Fruit Juice Fruit Delight | Banana Snack Bar |
| 25 Monday | 26 Tuesday | 27 Wednesday | 28 Thursday | 29 Friday |
| Ham and Beans Spinach Tator Tots Slice of Bread Sun Butter Apples Sauce Sun Chips | Lasagna Rollup w/ Meat Sauce Mixed Vegetables Apple Crisp Slice of Bread Apple Juice Graham Crackers | Cincinnati Chili & Spaghetti shredded cheese Corn & Black beans Cinnamon Apples Orange Fruit Delight | Chicken Strips Mixed Vegetables Tater Barrels Sun Butter Cranberry Juice Brownie | Meatloaf Au gratin Potatoes Mixed Vegetables Slice of Bread Mixed Fruit Cup Lorna Doone Cookie |