

Kentucky Hot Menu  
513-244-0660



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

Sept  
2023

				1 Friday
				Cincinnati Chili & Spaghetti Shredded cheese Corn & Black Beans Cinnamon Apples oyster crackers Grape Juice
4 Monday	5 Tuesday	6 Wednesday	7 Thursday	8 Friday
Country Fried Steak Scalloped Potatoes California Vegetables Slice of Bread Sun Butter Cranberry Juice Nutri-grain bar	Sloppy Joe w/ No bun Green Beans Roasted Bakers Slice of bread Tropical Fruit Juice Cheese It Crackers	Boneless Chicken Bites Au Gratin Potatoes Mixed Vegetables Slice of bread Sun Butter Mixed Fruit Cup	Grilled Sausage w/ Onion and Peppers Potato Wedges Mixed Vegetables Slice of Bread Apple Juice	Sliced Turkey & Gravy Dressing Green Beans Slice of bread Diced Pears Granola Bar
11 Monday	12 Tuesday	13 Wednesday	14 Thursday	15 Friday
Chicken Alfredo w/ Penne Pasta sliced Carrots Broccoli Slice of Bread Tropical Fruit Juice Snack bar	Flame Broiled Beef Steak Roasted Bakers Mixed Vegetables Slice of Bread Peaches Brownie	Ham and Beans Spinach Tator Tots Slice of Bread Apple Sauce Sun Chips	Lasagna Rollup w/Meat Sauce Mixed Vegetables Apple Crisp Slice of Bread Apple Juice Graham Crackers	Chicken Strips Mixed Vegetables Tater Barrels Sun Butter Cranberry Juice Brownie
18 Monday	19 Tuesday	20 Wednesday	21 Thursday	22 Friday
Meatloaf w. gravy Mashed Potatoes Carrots Slice of Bread Mixed Fruit Cup Graham Cracker	Salisbury Steak/ Gravy Parslied Potatoes Mixed Vegetables Slice of Bread Sun Butter Diced Peaches	Cheeseburger Sweet Potato Puff Mixed Berry Crisp Slice of bread Sun Butter Orange	Pot Roast Parslied Noodles Collard Greens Slice of Bread Sun Butter Diced Peaches Choc. Crème cookie	Cheeseburger Meatloaf Baby Bakers California Vegetables Slice of bread Orange Juice Town house crackers
25 Monday	26 Tuesday	27 Wednesday	28 Thursday	29 "Friday
Spaghetti & Meatballs Italian Vegetables Spinach Slice of bread Cranberry Juice Graham Cracker	Baked Chicken w. Gravy Herbed Dressing Broccoli & Cauliflower Slice of Bread Apple Juice Snack bar	Cincinnati Chili & Spaghetti Shredded cheese Corn & Black Beans Cinnamon Apples oyster crackers Grape Juice	Country Fried Steak Scalloped Potatoes California Vegetables Slice of Bread Sun Butter Cranberry Juice Nutri-grain bar	Sloppy Joe w/ No bun Green Beans Roasted Bakers Slice of bread Tropical Fruit Juice Cheese It Crackers

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