



September
Ohio Congregate

MEALS on WHEELS
SOUTHWEST OH & NORTHERN KY

513-244-5485

Monday	Tuesday	1 Wednesday	2 Thursday	3 Friday
			<i>September Birthday Celebration</i> <i>Cook Out</i>	
		Turkey Sandwich on Wheat - 9032	Cheese Burger	Sliced Deli Ham ch7005
		(ch b) ham sandwich on wheat ch7044	Potato Salad	w/ Swiss American Cheese slice
		Potato Salad	Baked Beans	Potato Wedges
		Coleslaw	Pears	Broccoli
		Peaches	Cookie	Pineapple Tidbits
		Mayo (for turkey only)	Diet: same	Mustard / Ketchup
		Mustard (for ham only)		Diet: same
		Diet: same		
6 Monday	7 Tuesday	8 Wednesday	9 Thursday	10 Friday
	BBQ Beef - 9051	Hawaiian Pineapple Ham - 9094	Summer Salad - 9070	Grilled Chicken w/ BBQ Sauce - 9049
	(ch b) grilled chicken brst ch7026	(ch b) pineapple topped chicken ch7013	w/ diced Eggs, Shredded Cheese,	(ch b) hamburger ch7006
CLOSED FOR	Peas & Onions	Whipped Sweet Potatoes	Grape Tomatoes, Broccoli Floret,	Green Beans
LABOR DAY	Peaches w/ Oat Topping	Peas	Unsalted Saltine Crackers (2 pk)	Yellow Squash
	Cole Slaw	Wheat Bread (2 slices)	Ranch Dressing	Bun
	Bun	Margarine	(ch b) beef & noodles w/gravy	Pears
	Diet: same	Fruit Cocktail	green beans, diced carrots ch7052	Diet: same
		Diet: same	Pineapple-Orange Juice 100%	
			Oatmeal Cookie	
13 Monday	14 Tuesday	15 Wednesday	16 Thursday	17 Friday
GRILLED SAUSAGE OR	SLICED TURKEY & GRAVY OR	CHICKEN SALAD SANDWICH OR	FLAME BROILED BEEF STK OR	HAM AND BEANS OR
BEEF PATTY	SLICED HAM	TURKEY SANDWICH	CHICKEN STRIPS	SLOPPY JOE
ONION AND PEPPERS	TRADITIONAL DRESSING	POTATO SALAD	ROASTED BABY BAKERS	SPINACH
SEASONED POTATO WEDGE	GREEN BEANS	COLESLAW	MIXED VEGETABLES	TATER TOTS
MIXED VEGETABLES				
SLICE BREAD	SLICE BREAD	SLICE BREAD	SLICE BREAD	SLICE BREAD
MARGARINE	MARGARINE	MARGARINE	MARGARINE	MARGARINE
APPLE JUICE	DICED PEARS	PEACHES	BANANA	APPLESAUCE
SKIM MILK	SKIM MILK	SKIM MILK	SKIM MILK	SKIM MILK
FRUIT CUP	CHOC CRÈME COOKIE	GRAHAM CRACKER	SNACK BAR	SUNCHIPS
20 Monday	21 Tuesday	22 Wednesday	23 Thursday	24 Friday
LASAGNA ROLLUPS W/ MEAT SAUCE OR	CININNATI CHILI OR	STRAWBERRY FIELDS SALAD-CHICKEN OR	SLOPPY JOE OR	MEATLOAF OR
CHICKEN STRIPS	MEATBALLS/MARINARA	STRAWBERRY FIELDS SALAD-TURKEY	PORK BBQ	CHICKEN PATTY
ITALIAN MIXED VEGETABLES	SPAGHETTI	MIXED GREENS & MOZZARELLA CHEESE	GREEN BEAN	AUGRATIN POTATOES
APPLE CRISP	CORN AND BLACK BEANS	GRAPE TOMATOES	BABY BAKERS	MIXED VEGETABLES
SLICE BREAD	SLICE BREAD	UNSALTED CRACKERS	HAMBURGER BUN	SLICE BREAD
MARGARINE	MARGARINE	SALAD DRESSING	MARGARINE	MARGARINE
	CINN APPLES			
APPLE JUICE	ORANGE	STRAWBERRIES	TROPICAL FRUIT JUICE	DICED PEACHES
SKIM MILK	SKIM MILK	SKIM MILK	SKIM MILK	SKIM MILK
GRAHAM CRACKERS	FRUIT CUP	GRANOLA BAR	CHEESE ITS	LORNA DOONES
27 Monday	28 Tuesday	29 Wednesday	30 Thursday	1 Friday
SALISBURY STEAK OR	CHEESEBURGER OR	CHICKEN STRIPS OR		SPAGHETTI & MEATBALLS OR
CHEESEBURGER	GRILLED CHICKEN	SLICED HAM	SLICED TURKEY	HERB BAKED CHICKEN
MEATLOAF				
MASHED POTATOES	SWEET POTATO PUFF	TATER TOTS	BABY BAKERS	APPLE CINN
FRENCH GREEN BEANS	MIXED BERRY CRISP	ITALIAN VEGETABLES	CALIFORNIA MIX VEGGIES	ITALIAN VEGGIES
SLICE BREAD	WHEAT HAMBURGER BUN	SLICE BREAD	SLICE BREAD	SLICE BREAD
MARGARINE	MARGARINE	MARGARINE	MARGARINE	MARGARINE
PEACHES	ORANGE	FRUIT CUP	ORANGE JUICE	GRAPE JUICE
SKIM MILK	SKIM MILK	SKIM MILK	SKIM MILK	SKIM MILK
GRANOLA BAR	MARSHMALLOW PIE	OREOS	TOWNE HOUSE CRACKERS	FIG BAR