

September 2017

**Congregates & Kentucky HOT
Meal Clients**

**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.**

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Rib w/BBQ Sauce Spinach Sweet Potato Pineapple Cup Cereal 1 Slice of Bread
4 HOLIDAY-CLOSED	5 Lasagna Roll w/Crumbled Sausage & Marinara Green Beans Cauliflower Club Cracker Fresh Fruit 1 Slice of Bread	6 Pork Chop Diced Beets Broccoli Pear Cup Cereal 1 Slice of Bread	7 Meatballs w/Mushroom-Onion Gravy & Elbow Noodles Lima Beans Broccoli Tropical Juice Pear Cup 1 Slice of Bread	8 Breaded Chicken w/Brown Rice Broccoli Fruit Cocktail Peanut Butter Cup Cranberry Juice 1 Slice of Bread
11 Spaghetti w/Meat Sauce Peach Crisp Cauliflower Pear Cup Cereal	12 BBQ Pork Macaroni & Cheese Green Beans Mandarin Orange Cup Peanut Butter Cup 1 Slice of Bread	13 Turkey Melt w/Sauerkraut Mashed Potato Green Beans Pineapple Cup Chez Its 1 Slice of Bread	14 Grilled Breast Macaroni & Cheese Peas/Carrots Tomato Juice Fresh Fruit Cereal 1 Slice of Bread	15 Country Fried Steak w/Gravy Pea/Carrots Diced Peaches Chez Its Apple Juice 1 Slice of Bread
18 Taco Meat w/Shredded Cheese & Tortilla Shell Brown Rice Black Beans Mandarin Orange Cup Tomato Juice	19 Salisbury Steak w/Gravy Mashed Potato Apple Crisp Fruit Bar Cranberry Juice Peanut Butter Cup 1 Slice of bread	20 Meatloaf w/Gravy Spinach Pea/Carrots Pineapple Cup Fresh Fruit Cereal 1 Slice of Bread	21 Cincinnati Chili w/ Spaghetti Shredded Cheese Black Beans Apple Crisp Fruit Roll Up Apple Juice 1 Slice of Bread	22 Sliced Turkey w/Broth Lima Beans German Potato Salad Chez Its Fresh Fruit 1 Slice of Bread
25 Ham Cauliflower w/Peppers Sweet Potato Pucks Fresh Fruit Cheese Its Grape Juice 1 Slice of Bread	26 Chicken Strips w/Brown Rice Succotash Fruit Cocktail Cranberry Juice Cereal	27 Teriyaki Chicken w/White Rice Mixed Greens Muffin Pineapple Cup Fresh Fruit	28 Cheese Beef Casserole Diced Potato Spinach Cereal Mixed Fruit Cup	29 Stuffed Shells w/Marinara & Parmesan Vanilla Pudding Cauliflower Peach Crisp Orange Juice 1 Slice of Bread