

Site
Phone: 513-561-8150
 Date
 Rec'd
 # of
 Meals:

Senior's
Name:
 Delivery
Day: Tuesday
 Week:
 Route:

| Entrée - Beef | |
|--|--|
| BBQ Beef w/ Peas & Onions and Potato Wedges | |
| Beef Vegetable Stew, Green Beans | |
| Cinci-Style Chili w/ Spaghetti, Broccoli and Kidney Beans | |
| Country Fried Steak w/ Gravy, Mashed Potatoes & Mixed Vegetables | |
| Hamburger Patty, Potato Wedges and Broccoli | |
| Meatloaf w/ Gravy, Mashed Potatoes and Carrots | |
| Philly Beef Steak w/ Potato Wedges & Mixed Vegetables | |
| Salisbury Steak w/ Gravy, Parslied Potatoes & Mixed Vegetables | |
| Spaghetti & Meatballs w/ Marinara, Italian Vegetables and Spinach | |
| Swedish Meatballs w/ Egg Noodles, Broccoli & Carrots | |

| Entrée - Pork | |
|--|--|
| Hawaiian Pineapple Ham, Whipped Sweet Potatoes and Peas | |
| Hot Deli Ham, Baked Beans and Broccoli | |
| Roast Pork Loin w/ Gravy, Brown Rice and Mixed Vegetables | |

| Entrée - Seafood | |
|--|--|
| Fish Sticks, Peas, Potato Wedges, and Baked Cinnamon Apples | |
| Lemon Pepper Fish w/ Brown Rice & Scandinavian Vegetable Blend | |
| Mediterranean Glazed Salmon w/ Italian Vegetables & Rosemary Garlic Red Skin Potatoes | |

| Entrée - Turkey | |
|---|--|
| Turkey Burger (charbroiled), Carrot Coins and Peas | |
| Roast Turkey w/ Gravy, Mashed Potatoes and Vegetable Medley | |
| Smoked Turkey Sausage w/ Sauerkraut, Mashed Potatoes and Green Beans | |
| Turkey Ham & Beans, Mixed Vegetables | |

| Entrée - Breakfast | |
|--|--|
| Fried Egg & Turkey Sausage, Red Skin Potatoes and Baked Cinnamon Apples | |
| Southwestern c.f. Omelet w/ Tomatoes, Peppers, & Onions, Carrots & Breakfast Potatoes | |
| WG Pancakes & Turkey Sausage, Diced Sweet Potatoes, & Peaches w/ Oat Topping | |

| Entrée - Vegetarian | |
|---|--|
| Asian Vegetables & Rice (contains mushrooms), Peas, Baked Cinnamon Apples | |
| Bean & Cheese Burrito, Zucchini and Corn | |
| Cheese Manicotti w/ Pesto Cream Sauce, Spinach and California Blend Vegetables | |
| Cheese Lasagna w/ Marinara, Italian Vegetables and Squash | |
| Macaroni & Cheese, Stewed Tomatoes and Green Beans | |
| Veggie Burger w/ Potato Wedges and Scandinavian Blend Vegetables | |

| Entrée - Chicken | |
|--|--|
| Chicken Alfredo w/ Spaghetti, Broccoli, Carrots & Cinnamon Apples | |
| Baked Chicken w/ Gravy, Herb Dressing, Broccoli and Cauliflower | |
| Chicken & Potato Casserole, California Blend Vegetables | |
| Chicken Tenders w/ Brown Rice, Green Beans and Carrots | |
| Grilled Chicken Breast, Green Beans and Yellow Squash | |
| Orange Chicken w/ Brown Rice, Green Beans and Carrots | |



Senior's
Name: _____

of Meals: _____

513-561-8150

| Fruit or Juice - 1 per meal | |
|--|--|
| Fruit Cocktail | |
| Peaches | |
| Applesauce | |
| Cinnamon Applesauce | |
| Cranberry-Apple Juice 100% | |
| Fruit Punch 100% | |
| Grape Juice 100% | |
| Orange Juice 100% | |
| Fresh Apple | |
| Fresh Orange | |
| Whole Pears | |
| Raisins | |
| NO FRUIT / Reduced Fruit per client request | |

| Desserts/Snacks - 1 per meal | |
|--|--|
| Animal Crackers | |
| Cheese Sandwich Crackers | |
| Chocolate Sponge Cake Square (uniced) | |
| Crispy Rice Treat | |
| Fruit & Grain Bar - Strawberry | |
| Goldfish Cheese Crackers | |
| Honey Scooters Cereal (single serve) | |
| Nutty Buddy wafer cookie | |
| Oatmeal Cookie | |
| Raisin Bran Cereal (single serve) | |
| Sponge Cake Square (uniced) | |
| White Cheddar Popcorn | |
| NO SNACKS / Reduced Snacks per client request | |

| Bread - max. of 1 half-loaf per box | |
|--|--|
| 100% Whole Wheat (½ loaf) | |
| White Bread (½ loaf) | |
| NO BREAD, per client request | |

| Milk - 1/2 gallon only available with 7 meals | |
|--|--|
| 1% Milk (half pint) | |
| 1% Milk (½ gallon) | |
| Chocolate Milk (half pint) | |
| Chocolate Milk (½ gallon) | |
| Skim Milk (half pint) | |
| Skim Milk (½ gallon) | |
| 2% Milk (half pint) | |
| 2% Milk (½ gallon) | |
| NO MILK / Reduced Milk per client request | |

| Condiments - 1 per meal | |
|--|--|
| Margarine pkt | |
| Ketchup pkt | |
| Mustard pkt | |
| Mayonnaise pkt | |
| Tartar Sauce pkt | |
| BBQ Sauce pkt | |
| Sugar Free Syrup pkt | |
| Mrs. Dash Salt-Free Seasoning pkt | |
| NO CONDIMENTS, per client request | |

