



August 2023 Meals on Wheels

**Be sure to give your choices to your driver BY THE 10th OF THE MONTH
in order to receive your chosen meals. Please keep this copy for your records**

All holiday meals are packed fresh, stored and delivered frozen to ensure quality. Holidays are denoted in the calendar below

Monday	Tuesday	Wednesday	Thursday	Friday	2 Pack Frozen Meals
	1 A. Baked Chicken Mashed Potatoes Green Beans B. Beef Stew Beets Spinach	2 A. Polish Sausage Cooked Cabbage Mashed Potatoes B. Country Fried Steak Mashed Potatoes Carrots	3 A. Meatloaf Scalloped Potatoes Green Beans B. Crispy Chicken Brussels Sprouts Mixed Vegetables	4 A. Sausage Gravy, Eggs Biscuit Diced Potatoes Cinnamon Apples B. Beef & Noodles Carrots Peas	Pack 2 A Pack 2 C
7 A. Beef & Mac Cinnamon Apples Peas B. BBQ Pork Cinnamon Apples Corn	8 A. Roast Pork Au Gratin Potatoes Lima Beans B. Stuffed Peppers Lima Beans	9 A. BBQ Beef Potatoes O'Brien Baked Beans B. Chicken & Dumplings Beets Corn	10 A. Chill Corn Cinnamon Apples B. Chicken Salad Three Bean Salad Peaches	11 A. Chicken Strips Tater Tots Corn B. Western Omelet Tater Tots Cinnamon Apples	Pack 2 A Pack 2 C
14 A. Chopped Steak/Gravy Mashed Potatoes Green Beans B. Fried Chicken Mashed Potatoes Green Beans	15 A. Chicken Marsala Noodles Peas and Carrots B. Beef and Noodles Carrots Peas	16 A. Chicken Wings Sweet Tater Puffs Corn B. Salisbury Steak Sweet Potatoes Brussels Sprouts	17 A. Chicken Parmesan Broccoli Carrots B. Swedish Meatballs Broccoli Carrots	18 A. Beef Stew Spinach Beets B. Chicken Strips Babe Bakers Beets	Pack 2 A Pack 2 C
21 A. Lasagna Spinach Corn B. Swedish Meatballs Spinach Mixed Vegetables	22 A. Picante Chicken Au gratin Potatoes Brussels Sprouts B. Roast Pork Au gratin Potatoes Brussels Sprouts	23 A. Meatloaf w/gravy Baby Bakers Corn B. Fried Chicken Baby Bakers Corn	24 A. Pot Roast Mashed Potatoes Peas B. BBQ Chicken Oven Potatoes Peas	25 A. Pancakes Sausage Links, eggs Oven Potatoes B. Chicken Florentine Rotini Noodles Broccoli and Carrots	Pack 2 A Pack 2 C
28 A. Cheeseburger Corn Baked Beans B. Pancakes Sausage Oven Potatoes Cinnamon Apples	29 A. Hawaiian Chicken with Pineapple Bab Bakers Mixed Vegetable B. Kielbasa Kraut Mashed Potatoes Mixed Vegetables	30 A. Mac & Cheese Stewed Tomatoes Peas B. BBQ McRib Sweet Tater Puffs Peas	31 A. Ham Salad Beets Pears A. Sausage Gravy, Eggs Biscuit Diced Potatoes Cinnamon Apples		Pack 2 A Pack 2 C
* *Milk, butter, bread, and fruit will be provided with all meals** * Diabetics- will receive non starchy vegetable If you have any questions, please give us a call at 513-867-6222			2 Pack Frozen Meal Choice		
			Pack 2 A	Pack 2 B	Pack 2 C
			We will not be offering a frozen pack choice this month. You will receive frozen meals based on availability.		Manager Choice Meals produced in house.