



WCCS 7 Day Menu January 2019

Amy Houpey, CDM, CFPP, MBM
Food Service Director

Menus Subject to Change with Dietitian Approval

Morrow Center – 513 267-9045
Lebanon Center – 513-939-5189
Franklin Center – 937-545-6788
South Lebanon Center – 513-267-8293
741 Senior Center – 513-695-2257

REMINDER:

If you are **NOT** going to be home to receive your
HOME DELIVERED MEAL
PLEASE CALL: 513-695-2256 Option 2, Or By
8:00 a.m. A DAY IN ADVANCE

Week of January 1

MENU A:	MENU B:
TUESDAY 1/1	TUESDAY 1/1
Closed Holiday	Closed Holiday
WEDNESDAY 1/2	WEDNESDAY 1/2
Roast Beef / Gravy Ranch Mashed Potatoes Seasoned Green Beans Tossed Salad / Dressing W/W Dinner Roll / Margarine Milk	Chicken Kiev Au Gratin Potatoes Peas Tossed Salad / Dressing W/W Dinner Roll / Margarine Milk
THURSDAY 1/3	THURSDAY 1/3
Bourbon Meatballs / Pasta Stewed Tomatoes Sliced Apples Dinner Roll / Margarine Mandarin Oranges Milk	Vegetable Lasagna Spinach Peas And Carrots Dinner Roll / Margarine Mandarin Oranges Milk
FRIDAY 1/4	FRIDAY 1/4
Soup Beans With Ham Seasoned Diced Potatoes Zucchini Corn Muffin / Margarine Fresh Fruit Milk	Cabbage Roll Butter Beans Kale Corn Muffin Fresh Fruit Milk
SATURDAY 1/5	SATURDAY 1/5
Chefs Surprise Dinner Roll / Margarine Fruit Milk	Chefs Surprise Dinner Roll / Margarine Fruit Milk

Week of January 6

MENU A:	MENU B:
SUNDAY 1/6	SUNDAY 1/6
Chefs Surprise Dinner Roll / Margarine Fruit Milk	Chefs Surprise Dinner Roll / Margarine Fruit Milk
MONDAY 1/7	MONDAY 1/7
Breakfast Casserole Hash Brown Potatoes Strawberries Biscuit / Margarine Fresh Fruit Milk	Creamed Chipped Beef Beets Seasoned Green Beans Biscuit / Margarine Fresh Fruit Milk
TUESDAY 1/8	TUESDAY 1/8
Beef Taco Filling Diced Tomatoes Chuckwagon Vegetables Tortilla Cherry Pie / Diet Pie Milk	Chicken Stir Fry Vegetable Fried Rice Stir Fry Vegetables Tortilla Cherry Pie / Diet Pie Milk
WEDNESDAY 1/9	WEDNESDAY 1/9
Beef Stroganoff Winter Blend Vegetables Sugar Snap Peas Tossed Salad / Dressing W/W Dinner Roll / Margarine Milk	Crab Cake Rice Pilaf Capri Vegetables Tossed Salad / Dressing W/W Dinner Roll / Margarine Milk
THURSDAY 1/10	THURSDAY 1/10
Spaghetti And Meat Sauce Zucchini Mixed Vegetables Bread Stick / Margarine Pineapple Tidbits Milk	Italian Chicken Macaroni And Cheese Asparagus Bread Stick / Margarine Pineapple Tidbits Milk
FRIDAY 1/11	FRIDAY 1/11
Chicken And Rice Casserole Broccoli Italian Green Beans Corn Muffin / Margarine Fresh Fruit Milk	Ravioli / Marinara Yellow Squash Capri Vegetables Corn Muffin / Margarine Fresh Fruit Milk
SATURDAY 1/12	SATURDAY 1/12
Chefs Surprise Dinner Roll / Margarine Fruit Milk	Chefs Surprise Dinner Roll / Margarine Fruit Milk

TURN OVER → →

Week of January 13

MENU A:		MENU B:	
SUNDAY 1/13		SUNDAY 1/13	
Chefs Surprise Dinner Roll / Margarine Fruit Milk		Chefs Surprise Dinner Roll / Margarine Fruit Milk	
MONDAY 1/14		MONDAY 1/14	
Spaghetti And Meatballs Carrots Italian Green Beans Dinner Roll / Margarine Yogurt Milk		Chicken Teriyaki Cauliflower Diced Tomatoes Dinner Roll / Margarine Yogurt Milk	
TUESDAY 1/15		TUESDAY 1/15	
Breaded Veal Broccoli Roasted Peppers and Corn Mandarin Oranges Éclair / Angel Food Cake Milk		Chicken Fettuccini Alfredo Wax Beans Mixed Vegetables Mandarin Oranges Éclair / Angel Food Cake Milk	
WEDNESDAY 1/16		WEDNESDAY 1/16	
Sliced Turkey / Gravy Baked Potato Green Beans Tossed Salad / Dressing W/W Dinner Roll / Margarine Milk		Beef And Macaroni Beets Golden Hominy Tossed Salad / Dressing W/W Dinner Roll / Margarine Milk	
THURSDAY 1/17		THURSDAY 1/17	
Kielbasa Mashed Potatoes Sauerkraut Dinner Roll / Margarine Peach Applesauce Milk		Sirloin Patty / Gravy Diced Potatoes Cream Corn Dinner Roll / Margarine Peach Applesauce Milk	
FRIDAY 1/18		FRIDAY 1/18	
Country Fried Steak / Gravy Yellow Squash Broccoli Corn Muffin / Margarine Fresh Fruit Milk		Baked Fish Potato Wedges Peas And Carrots Corn Muffin / Margarine Fresh Fruit Milk	
SATURDAY 1/19		SATURDAY 1/19	
Chefs Surprise Dinner Roll / Margarine Fruit Milk		Chefs Surprise Dinner Roll / Margarine Fruit Milk	

Week of January 20

MENU A:		MENU B:	
SUNDAY 1/20		SUNDAY 1/20	
Chefs Surprise Dinner Roll / Margarine Fruit Milk		Chefs Surprise Dinner Roll / Margarine Fruit Milk	
MONDAY 1/21		MONDAY 1/21	
Closed Holiday		Closed Holiday	
TUESDAY 1/22		TUESDAY 1/22	
Tomato Soup Ham Salad Croissant Potato Salad Tropical Fruit Milk		Tomato Soup Pimento Cheese Spread Croissant Cucumber Salad Tropical Fruit Milk	
WEDNESDAY 1/23		WEDNESDAY 1/23	
Ham / Raisin Sauce Potato Medley Seasoned Green Beans Tossed Salad / Dressing W/W Dinner Roll / Margarine Milk		Grilled Salmon Scalloped Potatoes Capri Vegetables Tossed Salad / Dressing W/W Dinner Roll / Margarine Milk	
THURSDAY 1/24		THURSDAY 1/24	
Pot Roast / Gravy Baby Bakers Sliced Carrots Dinner Roll / Margarine Mixed Fruit Milk		Manicotti / Marinara Zucchini Peas And Onions Dinner Roll / Margarine Mixed Fruit Milk	
FRIDAY 1/25		FRIDAY 1/25	
B.B.Q. Riblet / Bun Potato Wedges Brussel Sprouts Fresh Fruit Milk		Steak Hoagie / Bun White Cheddar Pasta Peas Fresh Fruit Milk	
SATURDAY 1/26		SATURDAY 1/26	
Chefs Surprise Dinner Roll / Margarine Fruit Milk		Chefs Surprise Dinner Roll / Margarine Fruit Milk	

Week of January 27

MENU A:		MENU B:	
SUNDAY 1/27		SUNDAY 1/27	
Chefs Surprise Dinner Roll / Margarine Fruit Milk		Chefs Surprise Dinner Roll / Margarine Fruit Milk	
MONDAY 1/28		MONDAY 1/28	
Beef Stew Spinach Chuckwagon Vegetables Biscuit / Margarine Diced Pears Milk		Sausage Gravy Egg Patty Diced Potatoes Biscuit / Margarine Dice Pears Milk	
TUESDAY 1/29		TUESDAY 1/29	
Chicken And Noodles Corn Wax Beans Dinner Roll / Margarine Cheese Cake / Sponge Cake Milk		Stuffed Green Pepper Ranch Mashed Potatoes Broccoli Dinner Roll / Margarine Cheese Cake / Sponge Cake Milk	
WEDNESDAY 1/30		WEDNESDAY 1/30	
Chicken Legs Twice Baked Potato Peas And Carrots Vegetable Salad / Ranch Dip W/W Dinner Roll / Margarine Milk		Breaded Pork Chop Yellow Squash Sugar Snap Peas Vegetable Salad / Ranch Dip W/W Dinner Roll / Margarine Milk	
THURSDAY 1/31		THURSDAY 1/31	
Swiss Steak Mashed Potatoes Mixed Vegetables Dinner Roll / Margarine Pineapple Tidbits Milk		Grilled Chicken / Gravy Golden Hominy Mixed Greens Dinner Roll / Margarine Pineapple Tidbits Milk	