



**WCCS**  
**7 Day Menu**  
**May 2019**

Amy Houpey, CDM, CFPP, MBM  
 Food Service Director

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

**Week of May 1**

**MENU A:**

**MENU B:**

WEDNESDAY 5/1	WEDNESDAY 5/1
Pork Roast / Gravy Mashed Sweet Potatoes Peas Tossed Salad / Dressing W/W Dinner Roll / Margarine Milk	Chicken Cordon Bleu Rice Pilaf Mixed Vegetables Tossed Salad / Dressing W/W Dinner Roll / Margarine Milk
THURSDAY 5/2	THURSDAY 5/2
Chicken And Dumplings Beets Spinach Bread Stick / Margarine Diced Peaches Milk	Chili With Beans Cream Corn Cinnamon Apples Bread Stick / Margarine Diced Peaches Milk
FRIDAY 5/3	FRIDAY 5/3
Sloppy Joe / Bun Carrots Green Beans Coleslaw Fresh Fruit Milk	Turkey Burger / Bun Potato Wedges Maui Vegetable Blend Coleslaw Fresh Fruit Milk
SATURDAY 5/4	SATURDAY 5/4
Chefs Surprise Dinner Roll / Margarine Fruit Milk	Chefs Surprise Dinner Roll / Margarine Fruit Milk

**Week of May 5**

**MENU A:**

**MENU B:**

SUNDAY 5/5	SUNDAY 5/5
Chefs Surprise Dinner Roll / Margarine Fruit Milk	Chefs Surprise Dinner Roll / Margarine Fruit Milk
MONDAY 5/6	MONDAY 5/6
Cheese Omelet Goetta Spiced Peaches Biscuit / Margarine Fresh Fruit Milk	Broccoli Stuffed Chicken Sweet Potatoes Brussel Sprouts Biscuit / Margarine Fresh Fruit Milk
TUESDAY 5/7	TUESDAY 5/7
Cincy Style Chili Spaghetti Kidney Beans Chuckwagon Vegetables Oyster Crackers Mixed Fruit Cup Milk	Breaded Chicken Breast Winter Blend Vegetables Potato Medley Oyster Crackers Mixed Fruit Cup Milk
WEDNESDAY 5/8	WEDNESDAY 5/8
Roast Beef / Gravy Ranch Mashed Potatoes Seasoned Green Beans Tossed Salad / Dressing W/W Dinner Roll / Margarine Milk	Chicken Kiev Au Gratin Potatoes Peas And Carrots Tossed Salad / Dressing W/W Dinner Roll / Margarine Milk
THURSDAY 5/9	THURSDAY 5/9
Bourbon Meatballs / Pasta Spinach Sliced Apples Dinner Roll / Margarine Mandarin Oranges Milk	Vegetable Lasagna Sliced Carrots Peas Dinner Roll / Margarine Mandarin Oranges Milk
FRIDAY 5/10	FRIDAY 5/10
Soup Beans With Ham Seasoned Potatoes Zucchini Corn Muffin / Margarine Fresh Fruit Milk	Cabbage Roll Butter Beans Kale Corn Muffin / Margarine Fresh Fruit Milk
SATURDAY 5/11	SATURDAY 5/11
Chefs Surprise Dinner Roll / Margarine Fruit Milk	Chefs Surprise Dinner Roll / Margarine Fruit Milk

**TURN OVER → →**

**REMINDER:**

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

Menus Subject to Change with Dietitian Approval

Week of May 12

**MENU A:**

**MENU B:**

SUNDAY 5/12	SUNDAY 5/12
Chefs Surprise Dinner Roll/ Margarine Fruit Milk	Chefs Surprise Dinner Roll/ Margarine Fruit Milk

MONDAY 5/13	MONDAY 5/13
Breakfast Casserole Hash Brown Potatoes Cinnamon Apples Biscuit / Margarine Fresh Fruit Milk	Creamed Chipped Beef Beets Seasoned Green Beans Biscuit / Margarine Fresh Fruit Milk

TUESDAY 5/14	TUESDAY 5/14
Beef Taco Filling Diced Tomatoes Chuckwagon Vegetables Tortilla Apple Pie / Diet Pie Milk	Chicken Stir Fry Vegetable Fried Rice Stir Fry Vegetables Tortilla Apple Pie / Diet Pie Milk

WEDNESDAY 5/15	WEDNESDAY 5/15
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 5/16	THURSDAY 5/16
Meat Sauce / Pasta Zucchini Mixed Vegetables Breadstick / Margarine Pineapple Tidbits Milk	Italian Chicken Breast Macaroni And Cheese Asparagus Breadstick / Margarine Pineapple Tidbits Milk

FRIDAY 5/17	FRIDAY 5/17
Chicken And Rice Casserole Broccoli Capri Vegetables Corn Muffins / Margarine Fresh Fruit Milk	Ravioli / Marinara Yellow Squash Stir Fry Vegetables Corn Muffin / Margarine Fresh Fruit Milk

SATURDAY 5/18	SATURDAY 5/18
Chefs Surprise Dinner Roll/ Margarine Fruit Milk	Chefs Surprise Dinner Roll/ Margarine Fruit Milk

Week of May 19

**MENU A:**

**MENU B:**

SUNDAY 5/19	SUNDAY 5/19
Chefs Surprise Dinner Roll / Margarine Fruit Milk	Chefs Surprise Dinner Roll / Margarine Fruit Milk

MONDAY 5/20	MONDAY 5/20
Spaghetti And Meatballs Carrots Italian Green Beans Dinner Roll / Margarine Yogurt Milk	Chicken Fettuccini Alfredo Cauliflower Diced Tomatoes Dinner Roll / Margarine Yogurt Milk

TUESDAY 5/21	TUESDAY 5/21
Breaded Veal Broccoli Roasted Peppers And Corn Mandarin Oranges Éclair / Angel Food Cake Milk	B.B.Q. Boneless Chicken Bites Wax Beans Mixed Vegetables Mandarin Oranges Éclair / Angel Food Cake Milk

WEDNESDAY 5/22	WEDNESDAY 5/22
Sliced Turkey / Gravy Twice Baked Potato Brussel Sprouts 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 5/23	THURSDAY 5/23
Kielbasa Mashed Potatoes Sauerkraut Dinner Roll / Margarine Peach Applesauce Milk	Sirloin Patty / Gravy Diced Potatoes Cream Corn Dinner Roll / Margarine Peach Applesauce Milk

FRIDAY 5/24	FRIDAY 5/24
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 5/25	SATURDAY 5/25
Chefs Surprise Dinner Roll / Margarine Fruit Milk	Chefs Surprise Dinner Roll / Margarine Fruit Milk

Week of May 26

**MENU A:**

**MENU B:**

SUNDAY 5/26	SUNDAY 5/26
Chefs Surprise Dinner Roll / Margarine Fruit Milk	Chefs Surprise Dinner Roll / Margarine Fruit Milk

MONDAY 5/27	MONDAY 5/27
Closed Memorial Day	Closed Memorial Day

TUESDAY 5/28	TUESDAY 5/28
Cream Of Broccoli Soup Chicken Salad Croissant Potato Salad Tropical Fruit Milk	Cream Of Broccoli Soup Egg Salad Croissant Macaroni Salad Tropical Fruit Milk

WEDNESDAY 5/29	WEDNESDAY 5/29
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 5/30	THURSDAY 5/30
Pot Roast / Gravy Baby Bakers Sliced Carrots Dinner Roll / Margarine Mixed Fruit Milk	Manicotti / Marinara Zucchini Peas And Carrots Dinner Roll / Margarine Mixed Fruit Milk

FRIDAY 5/31	FRIDAY 5/31
B.B.Q. Riblet / Hoagie Bun Potato Wedges Brussel Sprout Fresh Fruit Milk	Steak Hoagie / Bun White Cheddar Pasta Peas Fresh Fruit Milk