



WCCS 5 Day Menu May 2026

Please indicate your choice of either Menu A or Menu B on your selection sheet & give it to your driver on time so we can enter your selections into our computer system.

*Amy Houpey, CDM, CFPP, MBM
Food Service Director*

INSTRUCTIONS

- **REFRIGERATE** the fresh meal as soon as it arrives, unless you plan to eat it immediately.
- **When HEATING**, vent the plastic sections with a fork or pull back the corner of each food section to vent. **CAUTION!** Steam will be HOT!
 - **To heat in a MICROWAVE:** Heat the meal for 2-3 minutes on high or until the food reaches 165 degrees. (Begin with two minutes and increase the time if needed.)
 - **To heat in a CONVENTIONAL OVEN:** Place the meal on a cookie sheet in the middle of the oven. Heat at 350 degrees for 15 to 20 minutes.
- **CAUTION: Never** use a toaster oven to heat your Meals on Wheels™

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.

Menu Subject to change with Dietitian approval

[Week of May 1](#)

MENU A:

MENU B:

FRIDAY 5/1	FRIDAY 5/1
Steak Hoagie / Bun Potato Wedges Peppers & Corn Fresh Fruit Milk	B.B.Q. Riblet / Bun Au Gratin Potatoes Peas Fresh Fruit Milk

[Week of May 4](#)

MENU A

MENU B

MONDAY 5/4	MONDAY 5/4
Sirloin Patty / Gravy Tater Bucks Baked Beans Bread / Margarine Diced Peaches Milk	Vegetable Lasagna Broccoli Green Beans Bread / Margarine Diced Peaches Milk

TUESDAY 5/5	TUESDAY 5/5
Soup Beans & Ham Seasoned Diced Potatoes Mixed Greens Corn Muffin / Margarine Pineapple Tidbits Milk	Teriyaki Chicken Potato Casserole Brussel Sprouts Corn Muffin / Margarine Pineapple Tidbits Milk

WEDNESDAY 5/6	WEDNESDAY 5/6
Sausage Gravy Hash Browns Cinnamon Apples Tossed Salad / Dressing Biscuit / Margarine Milk	Beef Stew Butter Beans Spinach Tossed Salad / Dressing Biscuit / Margarine Milk

THURSDAY 5/7	THURSDAY 5/7
Spaghetti & Meatballs Diced Carrots Italian Green Beans Garlic Bread / Margarine Papaya & Mango Cup Milk	Broccoli Stuffed Chicken Sweet Potatoes Zucchini Garlic Bread / Margarine Papaya & Mango Cup Milk

FRIDAY 5/8	FRIDAY 5/8
Poppy Seed Chicken & Rice Brussel Sprouts Peas & Onions Bread / Margarine Lemon Cake / Sponge Cake Fresh Fruit Milk	Fish Sticks Sweet Corn Bake Carrots Bread / Margarine Lemon Cake / Margarine Fresh Fruit Milk

[Week of May 11](#)

MENU A:

MENU B:

MONDAY 5/11	MONDAY 5/11
Mini Corn Dogs Cream Corn Sliced Carrots Bread / Margarine Fresh Fruit Milk	B.B.Q. Chicken Breast Potato Wedges Malibu Vegetables Bread / Margarine Fresh Fruit Milk

TUESDAY 5/12	TUESDAY 5/12
Ham with Pineapple Sauce Hash Brown Bake Chuckwagon Vegetables Bread / Margarine Cinnamon Applesauce Carrot Cake / Sponge Cake Milk	Philly Cheesesteak Egg Rolls Hominy Wax Beans Bread / Margarine Cinnamon Applesauce Carrot Cake / Sponge Cake Milk

WEDNESDAY 5/13	WEDNESDAY 5/13
Kielbasa Mashed Potatoes Sauerkraut Tossed Salad / Dressing Bread / Margarine Milk	Lasagna Corn Mixed Vegetables Tossed Salad / Dressing Bread / Margarine Milk

THURSDAY 5/14	THURSDAY 5/14
Pot Roast / Gravy Baby Bakers Seasoned Green Beans Bread / Margarine Fresh Fruit Milk	Stuffed Florentine Pasta Diced Potatoes Peas Bread / Margarine Fresh Fruit Milk

FRIDAY 5/15	FRIDAY 5/15
Sloppy Joe / Bun Potato Wedges Capri Vegetables Coleslaw Milk	Breaded Fish / Bun Potato Medley Broccoli Coleslaw Milk

[Week of May 18](#)

MENU A:

MENU B:

MONDAY 5/18	MONDAY 5/18
Cheese Omelet / Sausage Links Cinnamon Apples Hash Browns Biscuit / Margarine Diced Pears Milk	Beef & Macaroni Wax Beans Corn Biscuit / Margarine Diced Pears Milk

TUESDAY 5/19	TUESDAY 5/19
Beef & Noodles Capri Vegetables Stewed Tomatoes Bread / Margarine Cheesecake / Sponge Cake Fresh Fruit Milk	Cheese Stuffed Shells Zucchini Seasoned Kale Bread / Margarine Cheesecake / Sponge Cake Fresh Fruit Milk

WEDNESDAY 5/20	WEDNESDAY 5/20
Boneless Chicken Wings Potatoes O'Brien Green Beans Tossed Salad / Dressing Bread / Margarine Milk	Cincy Style Chili Spaghetti Kidney Beans Paco Vegetable Blend Tossed Salad / Dressing Bread / Margarine Milk

THURSDAY 5/21	THURSDAY 5/21
Meatloaf Mashed Potatoes with Skins Broccoli Corn Muffin / Margarine Strawberry Applesauce Milk	Green Beans & Ham Baby Bakers Spinach Corn Muffin / Margarine Strawberry Applesauce Milk

FRIDAY 5/22	FRIDAY 5/22
Hamburger / Bun Potato Wedges Baked Beans Mandarin Oranges Milk	Smoked Sausage / Bun Criss Cut Potatoes Peas & Carrots Mandarin oranges Milk

[Week of May 25](#)

MENU A:

MENU B:

MONDAY 5/25	MONDAY 5/25
Closed	Closed
Holiday	Holiday

TUESDAY 5/26	TUESDAY 5/26
Orange Chicken Fried Rice Butter Beans Stir Fry Vegetables Bread / Margarine Diced Peaches Milk	Swedish Meatballs Potato Medley Cauliflower Bread / Margarine Diced Peaches Milk

WEDNESDAY 5/27	WEDNESDAY 5/27
Roast Beef / Gravy Mashed Potatoes Sliced Carrots Tossed Salad / Dressing Bread / Margarine Milk	Chicken Cordon Blue Capri Vegetables Sugar Snap Peas Tossed Salad / Dressing Bread / Margarine Milk

THURSDAY 5/28	THURSDAY 5/28
Sliced Turkey / Gravy Roasted Sweet Potatoes Green Beans Bread / Margarine Diced Pears Milk	Crab Cake Lima Beans Golden Hominy Bread / Margarine Diced Pears Milk

FRIDAY 5/29	FRIDAY 5/29
Bourbon Meatballs / Pasta Mixed Vegetables Asparagus Bread / Margarine Fresh Fruit Milk	Grilled Cheese Sandwich Tater Bucks Oriental Vegetables Bread / Margarine Fresh Fruit Milk