



## 5 Day Menu June 2026

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Director of Aging Services

### 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™

**OR BY 8:00 a.m.**

### WEEK OF June 1

MENU A: MONDAY 6/1	MENU B: MONDAY 6/1
Salisbury / Mushroom Gravy Potatoes O'Brien Winter Blend Vegetables Bread / Margarine Fresh Fruit Milk	Cheese Pizza Buttered Corn Sugar Snap Peas Bread / Margarine Fresh Fruit Milk
TUESDAY 6/2	TUESDAY 6/2
Beef Taco Black Beans Corn & Peppers Tortilla Mixed Fruit Milk	Fajita Chicken Street Corn Diced Tomatoes Tortilla Mixed Fruit Milk
WEDNESDAY 6/3	WEDNESDAY 6/3
Stuffed Green Pepper Diced Potatoes Butter Beans Fresh Vegetables / Ranch Dip Bread / Margarine Milk	Grilled Salmon Creamed Spinach Stewed Tomatoes Fresh Vegetables / Ranch Dip Bread / Margarine Milk
THURSDAY 6/4	THURSDAY 6/4
Chicken Penne Alfredo Broccoli Wax Beans Garlic Bread / Margarine Tropical Fruit Cup Brownie / S.F. Pudding Milk	Corn Beef Hash Cauliflower Asparagus Garlic Bread / Margarine Tropical Fruit Cup Brownie / S.F. Pudding Milk
FRIDAY 6/5	FRIDAY 6/5
Chicken Parmesan Peas & Onions Mixed Vegetables Bread / Margarine Fresh Fruit Milk	Beef Stroganoff / Pasta Italian Green Beans Succotash Bread / Margarine Fresh Fruit Milk

### WEEK OF June 8

MENU A:

MENU B:

MONDAY 6/8	MONDAY 6/8
Chicken Tenders Potato Medley Brussel Sprouts Biscuit / Margarine Fresh Fruit Milk	Egg Patty / Goetta Hash Browns Cinnamon Apples Biscuit / Margarine Fresh Fruit Milk
TUESDAY 6/9	TUESDAY 6/9
Chicken & Noodles Carrots Zucchini Bread / Margarine Strawberry Applesauce Pudding / S.F. Pudding Milk	Stuffed Cabbage Roll Scalloped Potatoes Malibu Vegetables Bread / Margarine Strawberry Applesauce Pudding / S.F. Pudding Milk
WEDNESDAY 6/10	WEDNESDAY 6/10
Garlic Herb Chicken Ranch Mashed Potatoes Mixed Vegetables Tossed Salad / Dressing Bread / Margarine Milk	Country Fried Steak / Gravy Seasoned Diced Potatoes Mixed Greens Tossed Salad / Dressing Bread / Margarine Milk
THURSDAY 6/11	THURSDAY 6/11
Chicken And Dumplings Diced Beets Green Beans Biscuit / Margarine Diced Pears Milk	Pork Loin / Gravy Sweet Potatoes Butter Beans Biscuit / Margarine. Diced Pears Milk
FRIDAY 6/12	FRIDAY 6/12
Steak Hoagie / Bun Potato Wedges Peppers & Corn Fresh Fruit Milk	B.B.Q. Riblet / Bun Au Gratin Potatoes Peas Fresh Fruit Milk

### 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**

### WEEK OF June 15

MENU A:

MENU B:

MONDAY 6/15	MONDAY 6/15
Sirloin Patty / Gravy Tater Bucks Baked Beans Bread / Margarine Diced Peaches Milk	Vegetable Lasagna Broccoli Green Beans Bread / Margarine Diced Peaches Milk

TUESDAY 6/16	TUESDAY 6/16
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 6/17	WEDNESDAY 6/17
Sausage Gravy Hash Browns Cinnamon Apples Tossed Salad / Dressing Biscuit / Margarine Milk	Beef Stew Butter Beans Spinach Tossed Salad / Dressing Biscuit / Margarine Milk

THURSDAY 6/18	THURSDAY 6/18
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 6/19	FRIDAY 6/19
<b>Closed</b>	<b>Closed</b>
<b>Holiday</b>	<b>Holiday</b>

**WEEK OF June 22**

**MENU A:**

**MENU B:**

MONDAY 6/22	MONDAY 6/22
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 6/23	TUESDAY 6/23
Ham with Pineapple Sauce Hash Brown Bake Chuckwagon Vegetables Bread / Margarine Cinnamon Applesauce Carrot Cake / Sponge Cake Milk	Philly Cheesesteak Egg Roll Hominy Wax Beans Bread / Margarine Cinnamon Applesauce Carrot Cake / Sponge Cake Milk

WEDNESDAY 6/24	WEDNESDAY 6/24
Kielbasa Mashed Potatoes Sauerkraut Tossed Salad / Dressing Bread / Margarine Milk	Lasagna Corn Mixed Vegetables Tossed Salad / Dressing Bread / Margarine Milk

THURSDAY 6/25	THURSDAY 6/25
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 6/26	FRIDAY 6/26
Sloppy Joe / Bun Potato Wedges Capri Vegetables Coleslaw Milk	Breaded Fish / Bun Potato Medley Broccoli Coleslaw Milk

**WEEK OF June 29**

**MENU A:**

**MENU B:**

MONDAY 6/29	MONDAY 6/29
Omelet / Sausage Links Cinnamon Apples Hash Browns Biscuit / Margarine Diced Pears Milk	Beef & Macaroni Wax Beans Corn Bread / Margarine Diced Pears Milk

TUESDAY 6/30	TUESDAY 6/30
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