

**MEALS ON WHEELS OF SOUTHWEST OHIO & NORTHERN KENTUCKY (MOW)/WESLEY COMMUNITY SERVICES  
OHIO REGULAR MEALS - 5 DAY CLIENTS**

Please call in your order at least 7 days prior to your delivery (513-244-5485). We are not taking paper orders right now  
**KEEP THIS MENU HANDY SO YOU CAN LOOK AT IT WHEN CALLING TO CHANGE YOUR ORDER!**



**BEEF ENTREES**

**CININNATI CHILI**

Spaghetti, Shredded Cheese, Corn & Black Beans, Cin Apples

**COUNTRY FRIED STEAK**

Scalloped Potatoes, California Blend

**FLAME BROILED BEEF STEAK**

Roasted Baby Bakers, Mixed Vegetables

**POT ROAST**

Redskin Potatoes, Carrots

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Parslied Noodles, Collard Greens

**SLOPPY JOE/NO BUN**

Green Beans, Baby Bakers

**MEATLOAF W/Gravy**

Mashed Potatoes & Carrots

**CHEESEBURGER MEATLOAF**

Baby Bakers, California Mix Veggies

**CHEESEBURGER/NO BUN**

Sweet Potato Puff, Mixed Berry Crisp

**COUNTRY FRIED STEAK & WHITE GRAVY**

Peas & Carrots, Mashed Potatoes

**SALISBURY STEAK w/GRAVY**

Whipped Sweet Potatoes & Mixed Vegetables



**PORK ENTREES**

**COUNTRY HAM**

Sweet Potato Cubes, Capri Blend Veg

**HAM AND BEANS**

Spinach, Tater Tots

**GRILLED SAUSAGE**

Onion & Peppers, Seasoned Potato Wedge, Mixed Vegetables

**PORK CHOP**

Sauerkraut, Diced Parslied Potatoes

**PORK BBQ**

Garlic Redskin Potatoes, Carrots



**POULTRY ENTREES**

**BAKED CHICKEN w/Gravy**

Herb Dressing, Broccoli & Cauliflower

**BONELESS CHICKEN BITES**

Augratin potatoes, Mixed Vegetables

**CHICKEN BBQ DRUMMIES**

Roasted New Potatoes, California Bld Veg

**CHICKEN POTATO CASSEROLE**

Broccoli

**CHICKEN BREAST & ALFREDO SAUCE**

Penne Pasta, Carrots, Broccoli

**CHICKEN STRIPS**

Italian Mixed Vegetables, Tater Barrels

**SLICED TURKEY & GRAVY**

Dressing, Green Beans



**BREAKFAST ENTREES**

**CHEESE OMELET**

Hash Brown Patty, Peach Crisp

**BISCUITS & GRAVY**

Mini Potato Pancakes, Turkey Sausage

**PANCAKES (2)**

Mini Potato Pancakes, Turkey Sausage Links



**PASTA ENTREES**

**LASAGNA ROLLUPS WITH MEAT SAUCE**

Italian Mixed Vegetables, Apple Crisp

**SPAGHETTI, SAUCE, & MEATBALLS**

Italian Veg & Spinach

**CHEESE LASAGNA w/MARINARA (V)**

Italian Veg & Squash

**MAC & CHEESE (V)**

Stewed Tomatoes & Green Beans

**Fish Entrees**

**LEMON PEPPER FISH**

Brown Rice & Scandinavian Blend Veg

**FISH STICKS**

Peas, Potato Wedges & Baked Apples



## DAIRY

SKIM MILK

2% MILK

CHOCOLATE MILK

CHEESE



## BREAD

WHITE BREAD

WHEAT BREAD

*While we do our best to accommodate your requested meal preferences, please be aware that orders may contain substitutions based on product availability.*