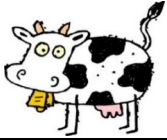


**MEALS ON WHEELS OF SOUTHWEST OHIO & NORTHERN KENTUCKY (MOW)/WESLEY COMMUNITY SERVICES
OHIO REGULAR MEALS - 7 DAY CLIENTS**

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

POT ROAST

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

BBQ BONELESS CHICKEN BITES

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

FISH STICKS

Peas, Potato Wedges & Baked Apples

LEMON PEPPER FISH

Brown Rice & Scandinavian Blend Veg



DAIRY

SKIM MILK

2% MILK

CHOCOLATE MILK

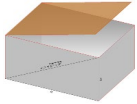
CHEESE



BREAD

WHITE BREAD

WHEAT BREAD



SNACK BOXES

BOX A

Diced Peaches, Mandarin Oranges, Apple Juice, Cranberry Juice, Applesauce, Mixed Fruit, Tropical Fruit Juice, Lorna Doone Cookies, Oreos, Peanut Butter Crackers, Brownie, Cheez-its, Town House Crackers, Fudge Round

BOX B

Orange Juice, Apple Juice, Cranberry Juice, Grape Juice, Tropical Fruit Juice, Diced Peaches, Pineapple Tidbits, Donut Sticks, Cereal (2), Granola Bar, Snack Bar, Lorna Doone Cookies, Frosted Fudge Cake

BOX C

Diced Pears, Applesauce, Grape Juice, Apple Juice, Tropical Fruit Juice, Orange Juice, Mandarin Oranges, Snack Bar, Fig Cookie, Graham Crackers, Sun Chips, Ritz Bits, Vanilla Cookies, Wheat Twins

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