



**MEALS ON WHEELS OF SOUTHWEST OHIO & NORTHERN KENTUCKY (MOW)/WESLEY COMMUNITY SERVICES
CARDIAC-DIABETIC MEALS**


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
CINCINNATI CHILI Spaghetti, Corn, Cin. Apples	
COUNTRY FRIED STEAK Scalloped Potatoes, California Blend	
FLAME BROILED BEEF PATTIE Roasted Baby Bakers, Mixed Vegetables	
BEEF PATTY Potato Wedge, Mixed Vegetables	
FLAME BROILED BEEF STEAK Baby Bakers Potatoes, Green Beans	
HAMBURGER/NO BUN Mixed Berries, Diced White Potatoes	
POT ROAST Parslied Noodles, Collard Greens	
CHEESEBURGER MEATLOAF Baby Bakers, California Veg	
HOMESTYLE MEATLOAF Sweet Potato Patty & Oregon Blend Veg	
SALISBURY STEAK Mashed Potatoes, Green Beans	

	PASTA ENTREES
SPAGHETTI & MEATBALLS w/MARINARA Green Beans	
CHEESE LASAGNA w/MARINARA Italian Vegetables & Squash	

	POULTRY ENTREES
HERBED BAKED CHICKEN Sweet Potato Puffs, Green Peas	
CHICKEN & RICE w/GRAVY Carrot & Broccoli	
GRILLED CHICKEN BREAST Green Beans & Yellow Squash	
CHICKEN STRIPS Italian Vegetables, Sweet Potato Cubes	
SLICED TURKEY & GRAVY Mashed Potatoes, Green Beans	

	PORK ENTREES
HAM AND BEANS Spinach, Redskin Potatoes	

	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.