

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

Noodles, Collard Greens

**CHEESEBURGER MEATLOAF**

Baby Bakers, California Veg

**HOMESTYLE MEATLOAF**

Sweet Potato Patty, Oregon Blend Vegetables

**SALISBURY STEAK**

Mashed Potatoes, Green Beans



**POULTRY ENTREES**

**HERBED BAKED CHICKEN**

Sweet Potato Puffs, Green Peas

**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



**PASTA ENTREES**

**SPAGHETTI, SAUCE, & MEATBALLS**

Green Beans



**DAIRY**

**SKIM MILK**

**2% MILK**

**CHOCOLATE MILK**

**CHEESE**



**BREAD**

**WHITE BREAD**

**WHEAT BREAD**