






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

	<h2>BEEF ENTREES</h2>
<h3>CINCINNATI CHILI</h3>	Spaghetti, Shredded Cheese, Corn & Black Beans, Cin. Apples
<h3>COUNTRY FRIED STEAK</h3>	Scalloped Potatoes, California Blend
<h3>FLAME BROILED BEEF STEAK</h3>	Roasted Baby Bakers, Mixed Vegetables
<h3>POT ROAST</h3>	Parslied Noodles, Collard Greens
<h3>SLOPPY JOE</h3>	Green Beans, Baby Bakers
<h3>MEATLOAF w/GRAVY</h3>	Mashed Potatoes, and Carrots
<h3>CHEESEBURGER MEATLOAF</h3>	Baby Bakers, California Mix Veggies
<h3>CHEESEBURGER</h3>	Sweet Potato Puff, Mixed Berry Crisp
<h3>SALISBURY STEAK w/GRAVY</h3>	Parslied Potatoes, Mixed Vegetables

	<h2>POULTRY ENTREES</h2>
<h3>BONELESS CHICKEN BITES</h3>	Augratin potatoes, Mixed Vegetables
<h3>CHICKEN BREAST &amp; ALFREDO SAUCE</h3>	Penne Pasta, Carrots, Broccoli
<h3>CHICKEN STRIPS</h3>	Italian Mixed Vegetables, Sweet Potato Cubes
<h3>SLICED TURKEY &amp; GRAVY</h3>	Mashed Potatoes, Green Beans
	<h2>PORK ENTREES</h2>
<h3>HAM AND BEANS</h3>	Spinach, Redskin Potatoes
<h3>GRILLED SAUSAGE</h3>	Onion & Peppers, Seasoned Potato Wedge, Mixed Vegetables
	<h2>PASTA ENTREES</h2>
<h3>LASAGNA ROLLUPS WITH MEAT SAUCE</h3>	Italian Mixed Vegetables, Apple Crisp
<h3>SPAGHETTI, SAUCE, &amp; MEATBALLS</h3>	Italian Veg & Spinach

	<h2>DAIRY</h2>
<h3>SKIM MILK</h3>	
<h3>2% MILK</h3>	
<h3>CHOCOLATE MILK</h3>	
<h3>CHEESE</h3>	

	<h2>BREAD</h2>
<h3>WHITE BREAD</h3>	
<h3>WHEAT BREAD</h3>	

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