

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

Please call in your order at least 6 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

HAMBURGER PATTY

Potato Wedges, Broccoli, Pineapple, Wheat Bread

**SWISS STEAK W/ TOMATOES,
PEPPERS, & ONIONS**

Carrots & O'Brien Potatoes, Peaches, Wheat Bread,
Lactose Free Margarine



POULTRY ENTREES

FRIED EGG & TURKEY SAUSAGE

Red Skin Potatoes, Green Beans, 100% Orange Juice,
Wheat Bread, Lactose Free Margarine

GRILLED CHICKEN BREAST

Green Beans, Squash, Pears, Wheat Bread, Lactose
Free Margarine

TURKEY HAM & BEANS

Mixed Vegetables, Peaches, Wheat Bread, Lactose
Free Margarine

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