




**MEALS ON WHEELS OF SOUTHWEST OHIO & NORTHERN KENTUCKY (MOW)/WESLEY COMMUNITY SERVICES
OHIO REGULAR MEALS - 5 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!

	<h2>BEEF ENTREES</h2>
<p>CININNATI CHILI Spaghetti, Shredded Cheese, Corn & Black Beans, Cin Apples</p>	
<p>COUNTRY FRIED STEAK Scalloped Potatoes, California Blend</p>	
<p>FLAME BROILED BEEF STEAK Roasted Baby Bakers, Mixed Vegetables</p>	
<p>POT ROAST Redskin Potatoes, Carrots</p>	
<p>POT ROAST Parslied Noodles, Collard Greens</p>	
<p>SLOPPY JOE/NO BUN Green Beans, Baby Bakers</p>	
<p>MEATLOAF W/Gravy Mashed Potatoes & Carrots</p>	
<p>CHEESEBURGER MEATLOAF Baby Bakers, California Mix Veggies</p>	
<p>CHEESEBURGER/NO BUN Sweet Potato Puff, Mixed Berry Crisp</p>	
<p>COUNTRY FRIED STEAK & WHITE GRAVY Peas & Carrots, Mashed Potatoes</p>	
<p>SALISBURY STEAK w/GRAVY Parslied Potatoes & Mixed Vegetables</p>	
	<h2>PORK ENTREES</h2>
<p>COUNTRY HAM Sweet Potato Cubes, Capri Blend Veg</p>	
<p>HAM AND BEANS Spinach, Redskin Potatoes</p>	
<p>GRILLED SAUSAGE Onion & Peppers, Seasoned Potato Wedge, Mixed Vegetables</p>	
<p>PORK BBQ Garlic Redskin Potatoes, Carrots</p>	

	<h2>POULTRY ENTREES</h2>
<p>BAKED CHICKEN w/Gravy Herb Dressing, Broccoli & Cauliflower</p>	
<p>BONELESS CHICKEN BITES Au gratin potatoes, Mixed Vegetables</p>	
<p>BBQ BONELESS CHICKEN BITES Roasted New Potatoes, California Blend Vegetables</p>	
<p>CHICKEN POTATO CASSEROLE California Blend Vegetables</p>	
<p>CHICKEN BREAST & ALFREDO SAUCE Penne Pasta, Carrots, Broccoli</p>	
<p>CHICKEN STRIPS Italian Mixed Vegetables, Sweet Potato Cubes</p>	
<p>SLICED TURKEY & GRAVY Mashed Potatoes, Green Beans</p>	
	<h2>BREAKFAST ENTREES</h2>
<p>CHEESE OMELET Hash Brown Patty, Peach Crisp</p>	
<p>BISCUITS & GRAVY Mini Potato Pancakes, Turkey Sausage</p>	
<p>PANCAKES (2) Mini Potato Pancakes, Turkey Sausage</p>	
	<h2>PASTA ENTREES</h2>
<p>LASAGNA ROLLUPS WITH MEAT SAUCE Italian Mixed Vegetables, Apple Crisp</p>	
<p>SPAGHETTI, SAUCE, & MEATBALLS Italian Veg & Spinach</p>	
<p>CHEESE LASAGNA w/MARINARA (V) Italian Veg & Squash</p>	
<p>MAC & CHEESE (V) Stewed Tomatoes & Green Beans</p>	

Fish Entrees

LEMON PEPPER FISH

Brown Rice & Scandinavian Blend Veg

FISH STICKS

Peas, Potato Wedges & Baked Apples



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.