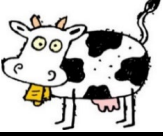



**MEALS ON WHEELS OF SOUTHWEST OHIO & NORTHERN KENTUCKY (MOW)/WESLEY COMMUNITY SERVICES
OHIO REGULAR MEALS - 7 DAY CLIENTS**

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>
<h3>CININNATI 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>	
	Redskin Potatoes, Carrots
<h3>POT ROAST</h3>	
	Parslied Noodles, Collard Greens
<h3>SLOPPY JOE/NO BUN</h3>	
	Green Beans, Baby Bakers
<h3>MEATLOAF W/Gravy</h3>	
	Mashed Potatoes & Carrots
<h3>CHEESEBURGER MEATLOAF</h3>	
	Baby Bakers, California Mix Veggies
<h3>CHEESEBURGER/NO BUN</h3>	
	Sweet Potato Puff, Mixed Berry Crisp
<h3>COUNTRY FRIED STEAK & WHITE GRAVY</h3>	
	Peas & Carrots, Mashed Potatoes
<h3>SALISBURY STEAK w/GRAVY</h3>	
	Parslied Potatoes & Mixed Vegetables
	<h2>PORK ENTREES</h2>
<h3>COUNTRY HAM</h3>	
	Sweet Potato Cubes, Capri Blend Veg
<h3>HAM AND BEANS</h3>	
	Spinach, Redskin Potatoes
<h3>GRILLED SAUSAGE</h3>	
	Onion & Peppers, Seasoned Potato Wedge, Mixed Vegetables
<h3>PORK BBQ</h3>	
	Garlic Redskin Potatoes, Carrots

	<h2>POULTRY ENTREES</h2>
<h3>BAKED CHICKEN w/Gravy</h3>	
	Herb Dressing, Broccoli & Cauliflower
<h3>BONELESS CHICKEN BITES</h3>	
	Augratin potatoes, Mixed Vegetables
<h3>BBQ BONELESS CHICKEN BITES</h3>	
	Roasted New Potatoes, California Bld Veg
<h3>CHICKEN POTATO CASSEROLE</h3>	
	California Blend Vegetables
<h3>CHICKEN BREAST & ALFREDO SAUCE</h3>	
	Penne Pasta, Carrots, Broccoli
<h3>CHICKEN STRIPS</h3>	
	Italian Mixed Vegetables, Sweet Potato Cubes
<h3>SLICED TURKEY & GRAVY</h3>	
	Mashed Potatoes, Green Beans
	<h2>BREAKFAST ENTREES</h2>
<h3>CHEESE OMELET</h3>	
	Hash Brown Patty, Peach Crisp
<h3>BISCUITS & GRAVY</h3>	
	Mini Potato Pancakes, Turkey Sausage
<h3>PANCAKES (2)</h3>	
	Mini Potato Pancakes, Turkey Sausage
	<h2>PASTA ENTREES</h2>
<h3>LASAGNA ROLLUPS WITH MEAT SAUCE</h3>	
	Italian Mixed Vegetables, Apple Crisp
<h3>SPAGHETTI, SAUCE, & MEATBALLS</h3>	
	Italian Veg & Spinach
<h3>CHEESE LASAGNA w/MARINARA (V)</h3>	
	Italian Veg & Squash
<h3>MAC & CHEESE (V)</h3>	
	Stewed Tomatoes & Green Beans

Fish Entrees

FISH STICKS

Peas, Potato Wedges & Baked Apples

LEMON PEPPER FISH

Brown Rice & Scandinavian Blend Veg



DAIRY

SKIM MILK

2% MILK

CHOCOLATE MILK

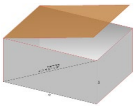
CHEESE



BREAD

WHITE BREAD

WHEAT BREAD



SNACK BOXES

BOX A

Diced Peaches, Mandarin Oranges, Apple Juice, Cranberry Juice, Applesauce, Mixed Fruit, Tropical Fruit Juice, Lorna Doone Cookies, Oreos, Peanut Butter Crackers, Brownie, Cheez-its, Town House Crackers, Fudge Round

BOX B

Orange Juice, Apple Juice, Cranberry Juice, Grape Juice, Tropical Fruit Juice, Diced Peaches, Pineapple Tidbits, Donut Sticks, Cereal (2), Granola Bar, Snack Bar, Lorna Doone Cookies, Frosted Fudge Cake

BOX C

Diced Pears, Applesauce, Grape Juice, Apple Juice, Tropical Fruit Juice, Orange Juice, Mandarin Oranges, Snack Bar, Fig Cookie, Graham Crackers, Sun Chips, Ritz Bits, Vanilla Cookies, Wheat Twins

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