



**MEALS on WHEELS**  
SOUTHWEST OH & NORTHERN KY

# MENU

LACTOSE FREE FRIENDLY

Please call in your order at least 7 days prior to your delivery (513-244-5485)

## BEEF ENTREES

### HAMBURGER PATTY

Potato wedges, broccoli, pineapple

### SWISS STEAK WITH TOMATOES, PEPPERS & ONIONS

Carrots and O'Brien potatoes, peaches, lactose free margarine

## BREAD

- White bread
- Wheat bread

## POULTRY ENTREES

### FRIED EGG & TURKEY SAUSAGE

Red skin potatoes, green beans, 100% orange juice, lactose free margarine

### GRILLED CHICKEN BREAST

Green beans, squash, pears, lactose free margarine

### TURKEY HAM & BEANS

Mixed vegetables, peaches, lactose free margarine

*\*\*Lactose free milk available*

**KEEP THIS MENU HANDY TO LOOK AT WHEN  
CALLING TO CHANGE YOUR ORDER**

CUSTOMER CARE  
513-244-5485

[meals@muchmorethanameal.org](mailto:meals@muchmorethanameal.org)

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