


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


	<h3>BEEF ENTREES</h3>
<p><b>CININNATI CHILI</b> Spaghetti, Corn, Cin. Apples</p>	
<p><b>COUNTRY FRIED STEAK</b> Scalloped Potatoes, California Blend</p>	
<p><b>FLAME BROILED BEEF PATTIE</b> Roasted Baby Bakers, Mixed Vegetables</p>	
<p><b>BEEF PATTIE</b> Potato Wedge, Mixed Vegetables</p>	
<p><b>FLAME BROILED BEEF STEAK</b> Baby Bakers Potatoes, Green Beans</p>	
<p><b>CHEESEBURGER/NO BUN</b> Mixed Berries, Diced White Potatoes</p>	
<p><b>POT ROAST</b> Noodles, Collard Greens</p>	
<p><b>CHEESEBURGER MEATLOAF</b> Baby Bakers, California Veg</p>	
<p><b>MEATLOAF</b> Macaroni, Mixed Vegetables</p>	

	<h3>PASTA ENTREES</h3>
<p><b>SPAGHETTI, SAUCE, &amp; MEATBALLS</b> Cinnamon Apples, Italian Veggies</p>	

	<h3>BREAD</h3>
<p><b>WHITE BREAD</b></p>	
<p><b>WHEAT BREAD</b></p>	

	<h3>POULTRY ENTREES</h3>
<p><b>HERBED BAKED CHICKEN</b> Macaroni &amp; Cheese, Green Peas</p>	
<p><b>SALISBURY STEAK</b> Mashed Potatoes, Green Beans</p>	
<p><b>GRILLED CHICKEN BREAST</b> Italian Mixed Vegetables, Diced White Potatoes</p>	
<p><b>CHICKEN STRIPS</b> Carrots, Tater Barrels</p>	
<p><b>SLICED TURKEY &amp; GRAVY</b> Dressing, Green Beans</p>	

	<h3>PORK ENTREES</h3>
<p><b>HAM AND BEANS</b> Spinach, Tater Tots</p>	
<p><b>PORK CHOP</b> Sauerkraut, Diced Parslied Potatoes</p>	

	<h3>DAIRY</h3>
<p><b>SKIM MILK</b></p>	
<p><b>2% MILK</b></p>	
<p><b>CHOCOLATE MILK</b></p>	
<p><b>CHEESE</b></p>	

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