

**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.***