



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


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!

	<h3>BEEF ENTREES</h3>
<p>CINCINNATI CHILI Spaghetti, Corn, Cin. Apples</p>	
<p>COUNTRY FRIED STEAK Scalloped Potatoes, California Blend</p>	
<p>FLAME BROILED BEEF PATTIE Roasted Baby Bakers, Mixed Vegetables</p>	
<p>BEEF PATTY Potato Wedge, Mixed Vegetables</p>	
<p>FLAME BROILED BEEF STEAK Baby Bakers Potatoes, Green Beans</p>	
<p>CHEESEBURGER/NO BUN Mixed Berries, Diced White Potatoes</p>	
<p>POT ROAST Noodles, Collard Greens</p>	
<p>CHEESEBURGER MEATLOAF Baby Bakers, California Veg</p>	
<p>HOMESTYLE MEATLOAF Sweet Potato Patty & Oregon Blend Veg</p>	
<p>SALISBURY STEAK Mashed Potatoes, Green Beans</p>	

	<h3>POULTRY ENTREES</h3>
<p>HERBED BAKED CHICKEN Macaroni & Cheese, Green Peas</p>	
<p>CHICKEN & RICE w/GRAVY Carrot & Broccoli</p>	
<p>GRILLED CHICKEN BREAST Green Beans & Yellow Squash</p>	
<p>CHICKEN STRIPS Carrots, Tater Barrels</p>	
<p>SLICED TURKEY & GRAVY Dressing, Green Beans</p>	

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

	<h3>PASTA ENTREES</h3>
<p>SPAGHETTI & MEATBALLS w/MARINARA Green Beans</p>	
<p>CHEESE LASAGNA w/MARINARA Italian Vegetables & Squash</p>	

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

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

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