



MEALS on WHEELS
SOUTHWEST OH & NORTHERN KY

MENU

CARDIAC-DIABETIC FRIENDLY

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

BEEF ENTREES

CINCINNATI CHILI

Spaghetti, corn, cinnamon apples

COUNTRY FRIED STEAK

Scalloped potatoes, California blend

FLAME BROILED BEEF PATTIE

Roasted baby bakers, mixed vegetables

BEEF PATTY

Potato wedges, mixed vegetables

FLAME BROILED BEEF STEAK

Baby bakers potatoes, green beans

CHEESEBURGER/NO BUN

Mixed berries, diced white potatoes

POT ROAST

Parslied noodles, collard greens

CHEESEBURGER MEATLOAF

Baby bakers, California mixed vegetables

HOMESTYLE MEATLOAF

Sweet potato patty, Oregon blend vegetables

SALISBURY STEAK

Mashed potatoes, green beans

POULTRY ENTREES

HERBED BAKED CHICKEN

Sweet potato cubes, green peas

CHICKEN & RICE WITH GRAVY

Carrots, broccoli

GRILLED CHICKEN BREAST

Green beans, yellow squash

CHICKEN STRIPS

Italian mixed vegetables, sweet potato cubes

TURKEY & GRAVY

Mashed potatoes, green beans

TURKEY HAM & BEANS

Spinach, redskin potatoes

PASTA ENTREES

CHEESE LASAGNA WITH MARINARA

Italian vegetables, squash

SPAGHETTI & MEATBALLS WITH MARINARA

Green beans

BREAD

- Wheat bread
- White bread

DAIRY

- Skim milk
- 1% milk
- 2% milk
- Chocolate milk
- Cheese

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

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