



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

POULTRY ENTREES

GRILLED CHICKEN BREAST

Green beans, squash, pears, lactose free margarine

TURKEY HAM & BEANS

Mixed vegetables, peaches, lactose free margarine

VEGETARIAN ENTREES

ASIAN VEGETABLES & RICE (contains mushrooms)

Peas, baked cinnamon apples, cinnamon Teddy Grahams

BREAD

● White bread

● Wheat bread

***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

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