



MEALS on WHEELS
SOUTHWEST OH & NORTHERN KY

MENU

**OHIO REGULAR MEALS
7 DAY CLIENTS**

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

BEEF ENTREES

CINCINNATI CHILI

Spaghetti, shredded cheese, corn & black beans,
cinnamon apples

COUNTRY FRIED STEAK

Scalloped potatoes, California blend

FLAME BROILED BEEF STEAK

Roasted baby bakers, mixed vegetables

POT ROAST

Redskin potatoes, carrots

POT ROAST

Parslied noddles, collard greens

SLOPPY JOE/NO BUN

Green beans, baby bakers

MEATLOAF WITH GRAVY

Mashed potatoes, carrots

CHEESEBURGER MEATLOAF

Baby bakers, California mixed vegetables

CHEESEBURGER/NO BUN

Sweet potato puff, mixed berry crisp

COUNTRY FRIED STEAK & WHITE GRAVY

Peas & carrots, mashed potatoes

SALISBURY STEAK WITH GRAVY

Parslied potatoes, mixed vegetables

PASTA ENTREES

LASAGNA ROLL UPS WITH MEAT SAUCE

Italian mixed vegetables, apple crisp

SPAGHETTI, SAUCE & MEATBALLS

Italian vegetables, spinach

CHEESE LASAGNA WITH MARINARA (V)

Italian vegetables, squash

MAC & CHEESE (V)

Stewed tomatoes, green beans

POULTRY ENTREES

BAKED CHICKEN WITH GRAVY

Herb dressing, broccoli & cauliflower

BONELESS CHICKEN BITES

Au gratin potatoes, mixed vegetables

BBQ BONELESS CHICKEN BITES

Roasted new potatoes, California blend vegetables

CHICKEN POTATO CASSEROLE

California blend vegetables

DICED CHICKEN & ALFREDO SAUCE

Penne pasta, carrots, broccoli

CHICKEN STRIPS

Italian mixed vegetables, sweet potato cubes

TURKEY & GRAVY

Mashed potatoes, green beans

TURKEY HAM & BEANS

Spinach, redskin potatoes

PORK ENTREES

COUNTRY HAM

Sweet potato cubes, capri blend vegetables

GRILLED SAUSAGE

Onion & peppers, seasoned potato wedge, mixed
vegetables

PORK BBQ

Garlic redskin potatoes, carrots

FISH ENTREES

FISH STICKS

Peas, potato wedges, baked apples

LEMON PEPPER FISH

Brown rice, Scandinavian blend vegetables



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BREAKFAST ENTREES

CHEESE OMELET

Hashbrown patty, peach crisp

BISCUITS & GRAVY

Mini potato pancakes, turkey sausage

PANCAKES (2)

Mini potato pancakes, turkey sausage

DAIRY

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

BREAD

- White bread
- Wheat bread

SNACK BOX OPTIONS

BOX A

Diced Peaches, Mandarin Oranges, Apple Juice, Cranberry Juice, Applesauce, Mixed Fruit, Tropical Fruit Juice, Snack Bar, Oreos, Peanut Butter Crackers, Brownie, Cheez-its, Town House Crackers, Fudge Round

BOX B

Orange Juice, Apple Juice, Cranberry Juice, Grape Juice, Tropical Fruit Juice, Diced Peaches, Pineapple Tidbits, Nutria Grain Bar, Cereal (2), Granola Bar, Snack Bar, Lorna Doone Cookies, Oatmeal Creme Cookie

BOX C

Diced Pears, Applesauce, Grape Juice, Apple Juice, Tropical Fruit Juice, Orange Juice, Mandarin Oranges, Snack Bar, Fig Cookie, Graham Crackers, Sun Chips, Ritz Bits, Oatmeal Creme Cookie, Wheat Twins

**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.