



**MEALS on WHEELS**  
SOUTHWEST OH & NORTHERN KY

# MENU

## KENTUCKY REGULAR MEALS

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

### BEEF ENTREES

#### CININNATI CHILI

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

#### COUNTRY FRIED STEAK

Scalloped potatoes, California blend

#### COUNTRY FRIED STEAK & WHITE GRAVY

Peas & carrots, mashed potatoes

#### FLAME BROILED BEEF STEAK

Roasted baby bakers, mixed vegetables

#### POT ROAST

Parslied noodles, collard greens

#### SLOPPY JOE

Green beans, baby bakers

#### MEATLOAF WITH GRAVY

Mashed potatoes, carrots

#### CHEESEBURGER MEATLOAF

Baby bakers, California mixed vegetables

#### CHEESEBURGER

Sweet potato cubes, mixed berry crisp

#### SALISBURY STEAK WITH GRAVY

Parslied potatoes, mixed vegetables

#### POT ROAST

Redskin potatoes, carrots

### PASTA ENTREES

#### LASAGNA ROLL UPS WITH MEAT SAUCE

Italian mixed vegetables, apple crisp

#### SPAGHETTI, SAUCE & MEATBALLS

Italian vegetables, spinach

### BREAKFAST ENTREES

#### CHEESE OMELET

Hashbrown patty, peach crisp

### POULTRY ENTREES

#### BONELESS CHICKEN BITES

Au gratin potatoes, mixed vegetables

#### DICED CHICKEN & ALFREDO SAUCE

Penne pasta, carrots, broccoli

#### CHICKEN STRIPS

Italian mixed vegetables, sweet potato cubes

#### HERBED BAKED CHICKEN

Sweet potato cubes, green peas

#### CHICKEN & RICE WITH GRAVY

Green beans, yellow squash

#### TURKEY & GRAVY

Mashed potatoes, green beans

#### TURKEY HAM & BEANS

Spinach, redskin potato

### PORK ENTREES

#### GRILLED SAUSAGE

Onion & peppers, redskin potatoes, mixed vegetables

#### PORK BBQ

Garlic redskin potatoes, carrots

### BREAD

- White bread
- Wheat bread

### DAIRY

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

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

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