MEALS ON WHEELS OF SOUTHWEST OHIO & NORTHERN KENTUCKY (MOW)/WESLEY COMMUNITY SERVICES OHIO REGULAR MEALS - 5 DAY CLIENTS

Please call in your order at least 7 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!**

BEEF ENTREES		
CINCINNATI CHILI		
Spaghetti, Shredded Cheese, Corn & Black Beans, Cin 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 Noodles, Collard Greens	_	
SLOPPY JOE/NO BUN Green Beans, Baby Bakers		
MEATLOAF W/Gravy		
Mashed Potatoes & Carrots		
CHEESEBURGER MEATLOAF	\neg	
Baby Bakers, California Mix Veggies		
CHEESEBURGER/NO BUN		
Sweet Potato Puff, Mixed Berry Crisp		
COUNTRY FRIED STEAK & WHITE GRAVY		
Peas & Carrots, Mashed Potatoes		
SALISBURY STEAK w/GRAVY		
Whipped Sweet Potatoes & Mixed Vegetables		
PORK ENTREES		
COUNTRY HAM		
Sweet Potato Cubes, Capri Blend Veg		
HAM AND BEANS		
Spinach, Tater Tots		
GRILLED SAUSAGE		
Onion & Peppers, Seasoned Potato Wedge, Mixed Vegetables		
PORK BBQ		
Garlic Redskin Potatoes, Carrots		



POULTRY ENTREES

BAKED CHICKEN w/Gravy

Herb Dressing, Broccoli & Cauliflower

BONELESS CHICKEN BITES

Augratin potatoes, Mixed Vegetables

CHICKEN BBQ DRUMMIES

Roasted New Potatoes, California Bld Veg

CHICKEN POTATO CASSEROLE

Broccoli

CHICKEN BREAST & ALFREDO SAUCE

Penne Pasta, Carrots, Broccoli

CHICKEN STRIPS

Italian Mixed Vegetables, Tater Barrels

SLICED TURKEY & GRAVY

Dressing, Green Beans



BREAKFAST ENTREES

CHEESE OMELET

Hash Brown Patty, Peach Crisp

BISCUITS & GRAVY

Mini Potato Pancakes, Turkey Sausage

PANCAKES (2)

Mini Potato Pancakes, Turkey Sausage Links



PASTA ENTREES

LASAGNA ROLLUPS WITH MEAT SAUCE

Italian Mixed Vegetables, Apple Crisp

SPAGHETTI, SAUCE, & MEATBALLS

Italian Veg & Spinach

CHEESE LASAGNA w/MARINARA (V)

Italian Veg & Squash

MAC & CHEESE (V)

Stewed Tomatoes & Green Beans

Fish Entrees

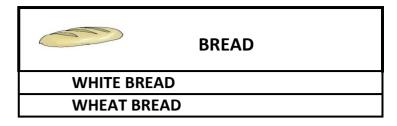
LEMON PEPPER FISH

Brown Rice & Scandinavian Blend Veg

FISH STICKS

Peas, Potato Wedges & Baked Apples

WILK	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.