



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

# MENU

KENTUCKY  
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 wedge, mixed vegetables

### FLAME BROILED BEEF STEAK

Baby bakers potatoes, green beans

### CHEESEBURGER/NO BUN

Mixed berries, diced white potatoes

### POT ROAST

Noodles, collard greens

### CHEESEBURGER MEATLOAF

Baby bakers, California mixed vegetables

### HOMESTYLE MEATLOAF

Sweet potato patty, Oregon blend vegetables

### SALISBURY STEAK

Mashed potatoes, green beans

## BREAD

- Wheat bread
- White bread

## POULTRY ENTREES

### HERBED BAKED CHICKEN

Sweet potato puffs, green peas

### GRILLED CHICKEN BREAST

Green beans, yellow squash

### CHICKEN STRIPS

Italian mixed vegetables, sweet potato cubes

### SLICED TURKEY & GRAVY

Mashed potatoes, green beans

## PASTA ENTREES

### SPAGHETTI & MEATBALLS WITH MARINARA

Green beans

## PORK ENTREES

### HAM AND BEANS

Spinach, redskin potatoes

## DAIRY

- Skim 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.