



Deupree Meals On Wheels

SAVORY SELECTS

513-561-8150

Site Phone Number _____ Client Name _____
 / / _____
 Recived Date _____ Delivery Day _____ Week _____ # of Meals Week _____ Route _____

Entrée - Beef	
BBQ Beef w/ Peas & Onions and Potato Wedges	
Beef & Noodles w/ Gravy, Green Beans, and Carrots	
Cinci-Style Chili w/ Spaghetti, Broccoli and Kidney Beans - NEW	
Country Fried Steak w/ Gravy, Potato Wedges and Green Beans	
Hamburger Patty, Potato Wedges and Broccoli	
Meatloaf w/ Gravy, Mashed Potatoes and Carrots	
Salisbury Steak w/ Gravy, Whipped Sweet Potatoes, Mixed Vegetables	
Spaghetti & Meatballs w/ Marinara, Italian Vegetables and Spinach	
Steak Hoagie w/ Gravy, Potato Wedges and Baked Beans	
Swiss Steak w/ Tomatoes, Peppers, & Onions, Carrots and O'Brien Potatoes	

Entrée - Chicken	
Baked Chicken w/ Gravy, Herb Dressing, Broccoli and Cauliflower	
Chicken & Potato Casserole, Broccoli	
Chicken Tenders w/ Brown Rice, Green Beans and Carrots - NEW	
Chicken Tikka Masala w/Brown Rice, Broccoli and Carrots - NEW (spicy)	
Grilled Chicken Breast, Green Beans and Yellow Squash - NEW	

Entrée - Turkey	
Roast Turkey w/Gravy, Mashed Potatoes and Vegetable Medley	
Smoked Turkey Sausage w/Sauerkraut, Mashed Potatoes and Green Beans	
Turkey Burger (charbroiled), Carrot Coins and Peas	
Turkey Ham & Beans, Mixed Vegetables	
Turkey Tetrazzini (contains mushrooms), w/Brussel Sprouts and Baked Cinnamon Apples	

Entrée - Pork	
Hawaiian Pineapple Ham, Whipped Sweet Potatoes and Peas	
Pork Cutlet w/ Gravy, Beets and Green Beans	
Roast Pork Loin w/ Gravy, Brown Rice and Mixed Vegetables	

Entrée - Vegetarian	
Asian Vegetables & Rice (contains mushrooms), Peas, Baked Cinnamon Apples	
Bean & Cheese Burrito, Zucchini and Corn - NEW	
Cheese Lasagna w/Marinara, Italian Vegetables and Squash	
Cheese Pizza on whole grain crust w/Peas & Onions and Carrot Coins	
Macaroni & Cheese, Stewed Tomatoes and Green Beans	

Entrée - Seafood	
Lemon Pepper Fish w/ Brown Rice & Scandinavian Vegetable Blend	
Fish Sticks, Peas, Potato Wedges, and Baked Cinnamon Apples - NEW	
Salmon Croquette, Butter Beans, Carrot Coins	

Entrée - Breakfast	
Fried Egg & Turkey Sausage, Red Skin Potatoes and Green Beans - NEW	
Southwestern c.f. Omelet w/ Tomatoes, Peppers, & Onions, Carrots and O'Brien Potatoes	
WG Pancakes & Turkey Sausage, Corn and Diced Sweet Potatoes - NEW	

NOTE: Menu subject to change without notice.



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Fruit or Juice - 1 per meal	
Fruit Cocktail	
Peaches	
Apple Juice 100%	
Applesauce	
Cranberry Juice	
Grape Juice 100%	
Orange Juice 100%	
Mixed Cut Fruit - New	
Strawberry Applesauce (unsweetened)	
Seasonal Fresh Fruit - New	
Fresh Apple	
Fresh Orange	
NO FRUIT / Reduced Fruit per client request	

Desserts/Snacks - 1 per meal	
Cheese Sandwich Crackers - NEW	
Crispy Rice Treat - NEW	
Cinnamon Teddy Grahams	
Nutty Buddy wafer cookie	
Fruit & Grain Bar -Strawberry	
Goldfish Cheese Crackers	
Chocolate Sponge Cake Square (uniced)	
Honey Scooters (single serve)	
Crispy Rice Cereal (single serve) - NEW	
Oatmeal Cookie	
White Cheddar Popcorn	
Sponge Cake Square (uniced)	
NO SNACKS / Reduced Fruit per client request	

Condiments - 1 per meal	
Margarine pkt	
Ketchup pkt	
Mustard pkt	
Mayonnaise pkt	
Tartar Sauce pkt	
BBQ Sauce pkt - New	
Sugar Free Syrup pkt - New	
Mrs. Dash Salt-Free Seasoning pkt	
NO CONDIMENTS, per client request	

Milk - 1/2 gallon only available with 7 meals	
1% Milk (half pint)	
1% Milk (1/2 gallon)	
Chocolate Milk (half pint)	
Chocolate Milk (1/2 gallon)	
Skim Milk (half pint)	
Skim Milk (1/2 gallon)	
2% Milk (half pint)	
2% Milk (1/2 gallon)	
NO MILK / Reduced Snack per client request	

Bread - max. of 1 half-loaf per box	
100% Whole Wheat (1/2 loaf)	
Whole Grain White (1/2 loaf)	
NO BREAD, per client request	

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