



Hot Entrée Choice Meal Menu

October 2016

(Meals on Wheels reserves the right to substitute menu items as needed)

Please circle only Choice A or B for each day. Failure to circle a choice defaults to A.

Return the menu with your volunteer or mail to MOW, 300 Burt St. Syracuse NY 13202

YOUR MEAL CHOICE CANNOT CONTRADICT YOUR DIETARY RESTRICTIONS.

Mon	Tue	Wed	Thu	Fri
3 A) Greek Chicken B) Red Lentil Soup	4 A) Turkey Sloppy Joe On Bun B) Vegetable Pasta Bake	5 A) Beans and Greens w/ Pasta B) Vegetable Pizza	6 A) Beef Pot Roast w/ Brown Gravy B) Pierogies w/ Sauce	7 A) Baked Macaroni and Cheese B) Sliced Top Round w/ Peppers and Onions
10 A) Salisbury Steak w/ Mushroom Gravy B) Cheesy stuffed Peppers	11 A) Parmesan Crusted Chicken B) Breaded veal cutlet with brown sauce	12 A) Baked Ziti w/ Italian Sausage B) Chicken patty sandwich with cran berry mayonnaise	13 A) Ham and Scalloped Potatoes B) Buffalo chicken pizza	14 A) Crispy Fish Fillet w/ Tartar Sauce B) Swedish Meatballs
17 A) Chicken Cacciatore B) Veggie burger on a roll with chipotle mayo	18 A) Texas Style Beef Chili B) Turkey vegetable soup	19 A) Roast Pork w/ Onion Gravy B) Egg and Potato Quiche	20 A) Rosemary Roasted Chicken B) Tuna noodle casserole	21 A) Baked Macaroni and Cheese B) Turkey burger on a bun
24 A) Chicken Divan B) Spanish rice	25 A) Vegetable Lasagna B) Turkey pot roast	26 A) Pepper Steak B) Vegetarian chili with cheddar cheese	27 A) Loaded Baked Potato Soup w/ Green Onions B) Meatloaf with gravy	28 A) Crab Cakes w/ Hollandaise Sauce B) Sausage peppers and onions
31 A) Country Chicken w/ Gravy B) BBQ Pork				

NAME:

CALL US AT 315-478-5948 IF YOU WISH TO RECEIVE A FULL MENU. IT IS NOT A CHOICE SELECTION.