

(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
	1 A) Beef Stroganoff w/ Egg Noodles B) Turkey Sloppy Joe on a Hard Roll	2 A) Glazed Chicken w/ Fruit Sauce B) Cuban Black Beans and Yellow Rice	3 A) Spaghetti and Meatballs B) Baked Lemon Pepper Pollock	4 A) Frittata B) Turkey Tetrazzini
7 A) Salisbury Steak w/ Mushroom Gravy B) Cheesy stuffed Peppers	8 A) Parmesan Crusted Chicken B) Breaded veal cutlet with brown sauce	9 A) Baked Ziti w/ Italian Sausage B) Chicken patty sandwich with cran berry mayonnaise	10 A) Ham and Scalloped Potatoes B) Buffalo chicken pizza	11 A) Crispy Fish Fillet w/ Tartar Sauce B) Swedish Meatballs
14 A) Chicken Cacciatore B) Veggie burger on a roll with chipotle mayo	15 A) Texas Style Beef Chili B) Turkey vegetable soup	16 A) Roast Pork w/ Onion Gravy B) Egg and Potato Quiche	17 A) Rosemary Roasted Chicken B) Tuna noodle casserole	18 A) Baked Macaroni and Cheese B) Turkey burger on a bun
21 A) Chicken Divan B) Spanish rice	22 A) Vegetable Lasagna B) Turkey pot roast	23 A) Roasted Turkey B) Country Vegetable Cobbler		25 A) Crab Cakes w/ Hollandaise Sauce B) Sausage peppers and onions
28 A) Country Chicken w/ Gravy B) BBQ Pork	29 A) Beef Stroganoff w/ Egg Noodles B) Turkey Sloppy Joe on a Hard Roll	30 A) Glazed Chicken w/ Fruit Sauce B) Cuban Black Beans and Yellow Rice		

NAME:

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