



Hot Entrée Choice Meal Menu

December 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
			1 A) Spaghetti and Meatballs B) Baked Lemon Pepper Pollock	2 A) Frittata B) Turkey Tetrizzini
5 A) Salisbury Steak w/ Mushroom Gravy B) Cheesy stuffed Peppers	6 A) Parmesan Crusted Chicken B) Breaded veal cutlet with brown sauce	7 A) Baked Ziti w/ Italian Sausage B) Chicken patty sandwich with cran berry mayonnaise	8 A) Ham and Scalloped Potatoes B) Buffalo chicken pizza	9 A) Crispy Fish Fillet w/ Tartar Sauce B) Swedish Meatballs
12 A) Chicken Cacciatore B) Veggie burger on a roll with chipotle mayo	13 A) Texas Style Beef Chili B) Turkey vegetable soup	14 A) Roast Pork w/ Onion Gravy B) Egg and Potato Quiche	15 A) Rosemary Roasted Chicken B) Tuna noodle casserole	16 A) Baked Macaroni and Cheese B) Turkey burger on a bun
19 A) Chicken Divan B) Spanish rice	20 A) Vegetable Lasagna B) Turkey pot roast	21 A) Pepper Steak B) Vegetarian chili with cheddar cheese	22 A) Loaded Baked Potato Soup w/ Green Onions B) Meatloaf with gravy	23 A) Beef Pot Roast B) Stuffed Portobello
<p align="center">~CLOSED~</p> 	27 A) Beef Stroganoff w/ Egg Noodles B) Turkey Sloppy Joe on a Hard Roll	28 A) Glazed Chicken w/ Fruit Sauce B) Cuban Black Beans and Yellow Rice	29 A) Spaghetti and Meatballs B) Baked Lemon Pepper Pollock	30 A) Frittata B) Turkey Tetrizzini

NAME:

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