



**MEALS on WHEELS**  
SYRACUSE

# Hot Entrée Choice Meal Menu


January 2017

*(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) Parmesan Crusted Chicken  B) Breaded veal cutlet with brown sauce	4 A) Baked Ziti w/ Italian Sausage  B) Chicken patty sandwich with cran berry mayonnaise	5 A) Ham and Scalloped Potatoes  B) Buffalo chicken pizza	6 A) Crispy Fish Fillet w/ Tartar Sauce  B) Swedish Meatballs
9 A) Chicken Cacciatore  B) Veggie burger on a roll with chipotle mayo	10 A) Texas Style Beef Chili  B) Turkey vegetable soup	11 A) Roast Pork w/ Onion Gravy  B) Egg and Potato Quiche	12 A) Rosemary Roasted Chicken  B) Tuna noodle casserole	13 A) Baked Macaroni and Cheese  B) Turkey burger on a bun
16 A) Chicken Divan  B) Spanish rice	17 A) Vegetable Lasagna  B) Turkey pot roast	18 A) Pepper Steak  B) Vegetarian chili with cheddar cheese	19 A) Loaded Baked Potato Soup w/ Green Onions  B) Meatloaf with gravy	20 A) Crab Cakes w/ Hollandaise Sauce  B) Sausage peppers and onions
23 A) Country Chicken w/ Gravy  B) BBQ Pork	24 A) Beef Stroganoff w/ Egg Noodles  B) Turkey Sloppy Joe on a Hard Roll	25 A) Glazed Chicken w/ Fruit Sauce  B) Cuban Black Beans and Yellow Rice	26 A) Spaghetti and Meatballs  B) Baked Lemon Pepper Pollock	27 A) Frittata  B) Turkey Tetrazzini
30 A) Salisbury Steak w/ Mushroom Gravy  B) Cheesy stuffed Peppers	31 A) Parmesan Crusted Chicken  B) Breaded veal cutlet with brown sauce			

NAME:

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