



Hot Entrée Choice Meal Menu

March 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
		1 A) Baked Ziti w/ Italian Sausage B) Chicken patty sandwich with cran berry mayonnaise	2 A) Ham and Scalloped Potatoes B) Buffalo chicken pizza	3 A) Crispy Fish Fillet w/ Tartar Sauce B) Swedish Meatballs
6 A) Chicken Cacciatore B) Veggie burger on a roll with chipotle mayo	7 A) Texas Style Beef Chili B) Turkey vegetable soup	8 A) Roast Pork w/ Onion Gravy B) Egg and Potato Quiche	9 A) Rosemary Roasted Chicken B) Tuna noodle casserole	10 A) Baked Macaroni and Cheese B) Turkey burger on a bun
13 A) Chicken Divan B) Spanish rice	14 A) Vegetable Lasagna B) Turkey pot roast	15 A) Pepper Steak B) Vegetarian chili with cheddar cheese	16 A) Loaded Baked Potato Soup w/ Green Onions B) Meatloaf with gravy	17 A) Crab Cakes w/ Hollandaise Sauce B) Sausage peppers and onions
20 A) Country Chicken w/ Gravy B) BBQ Pork	21 A) Beef Stroganoff w/ Egg Noodles B) Turkey Sloppy Joe on a Hard Roll	22 A) Glazed Chicken w/ Fruit Sauce B) Cuban Black Beans and Yellow Rice	23 A) Spaghetti and Meatballs B) Baked Lemon Pepper Pollock	24 A) Frittata B) Turkey Tetrazzini
27 A) Salisbury Steak w/ Mushroom Gravy B) Cheesy stuffed Peppers	28 A) Parmesan Crusted Chicken B) Breaded veal cutlet with brown sauce	29 A) Baked Ziti w/ Italian Sausage B) Chicken patty sandwich with cran berry mayonnaise	30 A) Ham and Scalloped Potatoes B) Buffalo chicken pizza	31 A) Crispy Fish Fillet w/ Tartar Sauce B) Swedish Meatballs

NAME:

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