



MEALS on WHEELS
SYRACUSE

Hot Entrée Choice Meal Menu

April 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) Grilled Hamburger w/ Basil Mayonnaise B) Ham and Egg Bake	4 A) Southwestern Chicken B) Cheesy Baked Ziti	5 A) Macaroni and Cheese B) Hearty Vegetable Chili with Cheddar Cheese	6 A) Meatloaf w/ gravy B) Veggie Burger w/ Honey Mustard on a Roll	7 A) Pasta A' La Primavera B) Grilled Turkey Flatbread Sandwich
10 A) Chicken Cacciatore B) Egg and Potato Quiche	11 A) Hearty Vegetable Chili w/ Cheddar Cheese B) Chicken Tenders w/ Dipping Sauce	12 A) Pepper Steak B) Pasta w/ fresh Tomatoes	13 A) Pulled Pork BBQ B) Cheesy Stuffed Peppers	14 A) Blueberry Pancakes B) Hotdog in a bun
17 A) Chicken Stew B) Chef's Choice Soup	18 A) Turkey Sloppy Joe On Bun B) Vegetable Pasta Bake	19 A) Beans and Greens w/ Soup B) Vegetable Pizza	20 A) Beef Pot Roast w/ Brown Gravy B) Pierogies w/ Sauce	21 A) Baked Macaroni and Cheese B) Salisbury Steak w/ Peppers and Onions
24 A) Pizza Supreme B) Country Chicken w/ Onion Gravy	25 A) Salisbury Steak w/ Mushroom Gravy B) Broccoli Cheddar Soup	26 A) Tomato Vegetable Ravioli B) Pork Chop w/ Gravy	27 A) Pasta Riggies B) Shaved Steak on a Hoagie	28 A) Parmesan Crusted Fish B) Pancakes w/ Sausage

NAME:

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