



**MEALS on WHEELS**  
SYRACUSE

# Hot Entrée Choice Meal Menu

May 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) Grilled Hamburger w/ Basil Mayonnaise  B) Ham and Egg Bake	2 A) Southwestern Chicken  B) Cheesy Baked Ziti	3 A) Macaroni and Cheese  B) Hearty Vegetable Chili with Cheddar Cheese	4 A) Meatloaf w/ gravy  B) Veggie Burger w/ Honey Mustard on a Roll	5 A) Pasta A' La Primavera  B) Grilled Turkey Flatbread Sandwich
8 A) Chicken Cacciatore  B) Egg and Potato Quiche	9 A) Hearty Vegetable Chili w/ Cheddar Cheese  B) Chicken Tenders w/ Dipping Sauce	10 A) Pepper Steak  B) Pasta w/ fresh Tomatoes	11 A) Pulled Pork BBQ  B) Cheesy Stuffed Peppers	12 A) Blueberry Pancakes  B) Hotdog in a bun
15 A) Chicken Stew  B) Chef's Choice Soup	16 A) Turkey Sloppy Joe On Bun  B) Vegetable Pasta Bake	17 A) Beans and Greens w/ Soup  B) Vegetable Pizza	18 A) Beef Pot Roast w/ Brown Gravy  B) Pierogies w/ Sauce	19 A) Baked Macaroni and Cheese  B) Salisbury Steak w/ Peppers and Onions
22 A) Pizza Supreme  B) Country Chicken w/ Onion Gravy	23 A) Salisbury Steak w/ Mushroom Gravy  B) Broccoli Cheddar Soup	24 A) Tomato Vegetable Ravioli  B) Pork Chop w/ Gravy	25 A) Pasta Riggies  B) Shaved Steak on a Hoagie	26 A) Parmesan Crusted Fish  B) Pancakes w/ Sausage
	30 A) Southwestern Chicken  B) Cheesy Baked Ziti	31 A) Macaroni and Cheese  B) Hearty Vegetable Chili with Cheddar Cheese		

NAME:

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