



Hot Entrée Choice Meal Menu

June 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) Meatloaf w/ gravy B) Veggie Burger w/ Honey Mustard on a Roll	2 A) Pasta A' La Primavera B) Grilled Turkey Flatbread Sandwich
5 A) Chicken Cacciatore B) Egg and Potato Quiche	6 A) Hearty Vegetable Chili w/ Cheddar Cheese B) Chicken Tenders w/ Dipping Sauce	7 A) Pepper Steak B) Pasta w/ fresh Tomatoes	8 A) Pulled Pork BBQ B) Cheesy Stuffed Peppers	9 A) Blueberry Pancakes B) Hotdog in a bun
12 A) Chicken Stew B) Chef's Choice Soup	13 A) Turkey Sloppy Joe On Bun B) Vegetable Pasta Bake	14 A) Beans and Greens w/ Soup B) Vegetable Pizza	15 A) Beef Pot Roast w/ Brown Gravy B) Pierogies w/ Sauce	16 A) Baked Macaroni and Cheese B) Salisbury Steak w/ Peppers and Onions
19 A) Pizza Supreme B) Country Chicken w/ Onion Gravy	20 A) Salisbury Steak w/ Mushroom Gravy B) Broccoli Cheddar Soup	21 A) Tomato Vegetable Ravioli B) Pork Chop w/ Gravy	22 A) Pasta Riggies B) Shaved Steak on a Hoagie	23 A) Parmesan Crusted Fish B) Pancakes w/ Sausage
26 A) Grilled Hamburger w/ Basil Mayonnaise B) Ham and Egg Bake	27 A) Southwestern Chicken B) Cheesy Baked Ziti	28 A) Macaroni and Cheese B) Hearty Vegetable Chili with Cheddar Cheese	29 A) Meatloaf w/ gravy B) Veggie Burger w/ Honey Mustard on a Roll	30 A) Pasta A' La Primavera B) Grilled Turkey Flatbread Sandwich

NAME:

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