



MEALS on WHEELS
SYRACUSE

Hot Entrée Choice Meal Menu

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

NAME:

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