



Hot Entrée Choice Meal Menu

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

NAME:

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