



Hot Entrée Choice Meal Menu

October 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
2 A) Chicken Stew B) Chef's Choice Soup	3 A) Turkey Sloppy Joe On Bun B) Vegetable Pasta Bake	4 A) Beans and Greens w/ Soup B) Vegetable Pizza	5 A) Beef Pot Roast w/ Brown Gravy B) Pierogies w/ Sauce	6 A) Baked Macaroni and Cheese B) Salisbury Steak w/ Peppers and Onions
9 A) Salisbury Steak w/ Mushroom Gravy B) Cheesy stuffed Peppers	10 A) Parmesan Crusted Chicken B) Breaded veal cutlet with brown sauce	11 A) Baked Ziti w/ Italian Sausage B) Chicken patty sandwich w/ cranberry mayo	12 A) Ham and Scalloped Potatoes B) Buffalo chicken pizza	13 A) Crispy Fish Fillet w/ Tartar Sauce B) Swedish Meatballs
16 A) Chicken Cacciatore B) Veggie burger on a roll with chipotle mayo	17 A) Texas Style Beef Chili B) Turkey vegetable soup	18 A) Roast Pork w/ Onion Gravy B) Egg and Potato Quiche	19 A) Rosemary Roasted Chicken B) Tuna noodle Casserole	20 A) Baked Macaroni and Cheese B) Turkey burger w/ Sour Cream and Salsa on a bun
23 A) Chicken Divan B) Spanish rice	24 A) Pasta Riggies B) Turkey pot roast	25 A) Pepper Steak B) Vegetarian chili with cheddar cheese	26 A) Loaded Baked Potato Soup w/ Green Onions B) Meatloaf with gravy	27 A) Pasta Primavera B) Sausage peppers and Onions
30 A) Country Chicken w/ Gravy B) BBQ Pork Rib	31 A) Beef/Mushroom Stroganoff with Egg Noodles B) Turkey Sloppy Joe on a Roll			

NAME:

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