

*(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) Greek Lemon Chicken  B) Perogies Turkey Pot Roast	2 A) Spaghetti and Meatballs  B) Baked Lemon Pepper Pollock	3 A) Frittata  B) Turkey Tetrazzini
6 A) Salisbury Steak w/ Mushroom Gravy  B) Cheesy stuffed Peppers	7 A) Parmesan Crusted Chicken  B) Breaded veal cutlet with brown sauce	8 A) Baked Ziti w/ Italian Sausage  B) Chicken patty sandwich w/ cranberry mayo	9 A) Ham and Scalloped Potatoes  B) Buffalo chicken pizza	10 A) Crispy Fish Fillet w/ Tartar Sauce  B) Swedish Meatballs
13 A) Chicken Cacciatore  B) Veggie burger on a roll with chipotle mayo	14 A) Texas Style Beef Chili  B) Turkey vegetable soup	15 A) Roast Pork w/ Onion Gravy  B) Egg and Potato Quiche	16 A) Rosemary Roasted Chicken  B) Tuna noodle Casserole	17 A) Baked Macaroni and Cheese  B) Turkey burger w/ Sour Cream and Salsa on a bun
20 A) Chicken Divan  B) Spanish rice	21 A) Pasta Riggies  B) Turkey pot roast	22 A) Pepper Steak  B) Vegetarian chili with cheddar cheese		24 A) Pasta Primavera  B) Sausage peppers and Onions
27 A) Country Chicken w/ Gravy  B) BBQ Pork Rib	28 A) Beef/Mushroom Stroganoff with Egg Noodles  B) Turkey Sloppy Joe on a Roll	29 A) Greek Lemon Chicken  B) Perogies Turkey Pot Roast	30 A) Spaghetti and Meatballs  B) Baked Lemon Pepper Pollock	

NAME:

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