



# Hot Entrée Choice Meal Menu

December 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) Frittata  B) Turkey Tetrazzini
4 A) Salisbury Steak w/ Mushroom Gravy  B) Cheesy stuffed Peppers	5 A) Parmesan Crusted Chicken  B) Breaded veal cutlet with brown sauce	6 A) Baked Ziti w/ Italian Sausage  B) Chicken patty sandwich w/ cranberry mayo	7 A) Ham and Scalloped Potatoes  B) Buffalo chicken pizza	8 A) Crispy Fish Fillet w/ Tartar Sauce  B) Swedish Meatballs
11 A) Chicken Cacciatore  B) Veggie burger on a roll with chipotle mayo	12 A) Texas Style Beef Chili  B) Turkey vegetable soup	13 A) Roast Pork w/ Onion Gravy  B) Egg and Potato Quiche	14 A) Rosemary Roasted Chicken  B) Tuna noodle Casserole	15 A) Baked Macaroni and Cheese  B) Turkey burger w/ Sour Cream and Salsa on a bun
18 A) Chicken Divan  B) Spanish rice	19 A) Pasta Riggies  B) Turkey pot roast	20 A) Pepper Steak  B) Vegetarian chili with cheddar cheese	21 A) Loaded Baked Potato Soup w/ Green Onions  B) Meatloaf with gravy	22 A) Pasta Primavera  B) Sausage peppers and Onions
<p align="center"><b>~CLOSED~</b></p> <p align="center"><i>Merry Christmas</i></p>	26 A) Beef/Mushroom Stroganoff with Egg Noodles  B) Turkey Sloppy Joe on a Roll	27 A) Greek Lemon Chicken  B) Perogies Turkey Pot Roast	28 A) Spaghetti and Meatballs  B) Baked Lemon Pepper Pollock	29 A) Frittata  B) Turkey Tetrazzini

NAME:

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