


*(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<br>A) Parmesan Crusted Chicken<br><br>B) Breaded veal cutlet with brown sauce          | 3<br>A) Baked Ziti w/ Italian Sausage<br><br>B) Chicken patty sandwich w/ cranberry mayo  | 4<br>A) Ham and Scalloped Potatoes<br><br>B) Buffalo chicken pizza              | 5<br>A) Crispy Fish Fillet w/ Tartar Sauce<br><br>B) Swedish Meatballs                      |
| 8<br>A) Chicken Cacciatore<br><br>B) Veggie burger on a roll with chipotle mayo   | 9<br>A) Texas Style Beef Chili<br><br>B) Turkey vegetable soup                           | 10<br>A) Roast Pork w/ Onion Gravy<br><br>B) Egg and Potato Quiche                        | 11<br>A) Rosemary Roasted Chicken<br><br>B) Tuna noodle Casserole               | 12<br>A) Baked Macaroni and Cheese<br><br>B) Turkey burger w/ Sour Cream and Salsa on a bun |
| 15<br>A) Chicken Divan<br><br>B) Spanish rice                                     | 16<br>A) Pasta Riggies<br><br>B) Turkey pot roast  | 17<br>A) Pepper Steak<br><br>B) Vegetarian chili with cheddar cheese                      | 18<br>A) Loaded Baked Potato Soup w/ Green Onions<br><br>B) Meatloaf with gravy | 19<br>A) Pasta Primavera<br><br>B) Sausage peppers and Onions                               |
| 22<br>A) Country Chicken w/ Gravy<br><br>B) BBQ Pork Rib                          | 23<br>A) Beef/Mushroom Stroganoff with Egg Noodles<br><br>B) Turkey Sloppy Joe on a Roll | 24<br>A) Greek Lemon Chicken<br><br>B) Perogies Turkey Pot Roast                          | 25<br>A) Spaghetti and Meatballs<br><br>B) Baked Lemon Pepper Pollock           | 26<br>A) Frittata<br><br>B) Turkey Tetrazzini   |
| 29<br>A) Salisbury Steak w/ Mushroom Gravy<br><br>B) Cheesy stuffed Peppers       | 30<br>A) Parmesan Crusted Chicken<br><br>B) Breaded veal cutlet with brown sauce         | 31<br>A) Baked Ziti w/ Italian Sausage<br><br>B) Chicken patty sandwich w/ cranberry mayo |   |   |

NAME:

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