



Hot Entrée Choice Meal Menu

March 2018

(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) Ham and Scalloped Potatoes B) Buffalo chicken pizza	2 A) Crispy Fish Fillet w/ Tartar Sauce B) Swedish Meatballs
5 A) Chicken Cacciatore B) Veggie burger on a roll with chipotle mayo	6 A) Texas Style Beef Chili B) Turkey vegetable soup	7 A) Roast Pork w/ Onion Gravy B) Egg and Potato Quiche	8 A) Rosemary Roasted Chicken B) Tuna noodle Casserole	9 A) Baked Macaroni and Cheese B) Turkey burger w/ Sour Cream and Salsa on a bun
12 A) Chicken Divan B) Spanish rice	13 A) Pasta Riggies B) Turkey pot roast	14 A) Pepper Steak B) Vegetarian chili with cheddar cheese	15 A) Loaded Baked Potato Soup w/ Green Onions B) Meatloaf with gravy	16 A) Pasta Primavera B) Sausage peppers and Onions
19 A) Country Chicken w/ Gravy B) BBQ Pork Rib	20 A) Beef/Mushroom Stroganoff with Egg Noodles B) Turkey Sloppy Joe on a Roll	21 A) Greek Lemon Chicken B) Perogies Turkey Pot Roast	22 A) Spaghetti and Meatballs B) Baked Lemon Pepper Pollock	23 A) Frittata B) Turkey Tetrazzini
26 A) Salisbury Steak w/ Mushroom Gravy B) Cheesy stuffed Peppers	27 A) Parmesan Crusted Chicken B) Breaded veal cutlet with brown sauce	28 A) Baked Ziti w/ Italian Sausage B) Chicken patty sandwich w/ cranberry mayo	29 A) Ham and Scalloped Potatoes B) Buffalo chicken pizza	30 A) Crispy Fish Fillet w/ Tartar Sauce B) Swedish Meatballs

NAME:

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