



MEALS on WHEELS
SYRACUSE

Hot Entrée Choice Meal Menu

April 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
2 A) Ham and Egg Bake B) Grilled Hamburger with Basil Mayonnaise	3 A) Southwestern Chicken B) Cheesy Baked Ziti	4 A) Crispy Fish Filet B) Cheese Ravioli with Marinara Sauce	5 A) Meatloaf w/ Gravy B) Veggie Burger w/ Honey Mustard on a Roll	6 A) Pasta A' La Primavera B) Grilled Turkey Flatbread Sandwich
9 A) Chicken Cacciatore B) Egg and Potato Bake	10 A) Hearty Vegetable Chili w/ Cheddar Cheese B) Chicken Tenders w/ Dipping Sauce	11 A) Pasta A' La Cecca B) Chicken Divan	12 A) Pulled Pork BBQ B) Cheesy Stuffed Peppers	13 A) Blueberry Pancakes B) Hotdog in a bun with cheese
16 A) Chicken Stew B) Chef's Choice Soup	17 A) Garden Veggie Orzo Pasta Bake B) Turkey Sloppy Joe On Bun	18 A) Beans and Greens Soup B) Vegetable Pizza	19 A) Beef Pot Roast w/ Gravy B) Pierogis w/ Golden Mushroom Gravy	20 A) Baked Macaroni and Cheese B) Salisbury Steak w/ Peppers and Onions
23 A) Pizza Supreme B) Country Chicken w/ Cream Gravy	24 A) Salisbury Steak w/ Gravy B) Broccoli Cheddar Soup	25 A) Tomato Ravioli B) Turkey Meatloaf w/ Gravy	26 A) Creamy Veggie Lasagna Casserole B) Shaved Steak on a Hoagie	27 A) Parmesan Crusted Haddock B) Pancakes w/ Sausage
30 A) Ham and Egg Bake B) Grilled Hamburger with Basil Mayonnaise				

NAME:

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