

(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) Southwestern Chicken B) Cheesy Baked Ziti	2 A) Crispy Fish Filet B) Cheese Ravioli with Marinara Sauce	3 A) Meatloaf w/ Gravy B) Veggie Burger w/ Honey Mustard on a Roll	4 A) Pasta A' La Primavera B) Grilled Turkey Flatbread Sandwich
7 A) Chicken Cacciatore B) Egg and Potato Bake	8 A) Hearty Vegetable Chili w/ Cheddar Cheese B) Chicken Tenders w/ Dipping Sauce	9 A) Pasta A' La Cecca B) Chicken Divan	10 A) Pulled Pork BBQ B) Cheesy Stuffed Peppers	11 A) Blueberry Pancakes B) Hotdog in a bun with cheese
14 A) Chicken Stew B) Chef's Choice Soup	15 A) Garden Veggie Orzo Pasta Bake B) Turkey Sloppy Joe On Bun	16 A) Beans and Greens Soup B) Vegetable Pizza	17 A) Beef Pot Roast w/ Gravy B) Pierogis w/ Golden Mushroom Gravy	18 A) Baked Macaroni and Cheese B) Salisbury Steak w/ Peppers and Onions
21 A) Pizza Supreme B) Country Chicken w/ Cream Gravy	22 A) Salisbury Steak w/ Gravy B) Broccoli Cheddar Soup	23 A) Tomato Ravioli B) Turkey Meatloaf w/ Gravy	24 A) Creamy Veggie Lasagna Casserole B) Shaved Steak on a Hoagie	25 A) Parmesan Crusted Haddock B) Pancakes w/ Sausage
	29 A) Southwestern Chicken B) Cheesy Baked Ziti	30 A) Crispy Fish Filet B) Cheese Ravioli with Marinara Sauce	31 A) Meatloaf w/ Gravy B) Veggie Burger w/ Honey Mustard on a Roll	

NAME:

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