



Hot Entrée Choice Meal Menu

June 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) Pasta A' La Primavera B) Grilled Turkey Flatbread Sandwich
4 A) Chicken Cacciatore B) Egg and Potato Bake	5 A) Hearty Vegetable Chili w/ Cheddar Cheese B) Chicken Tenders w/ Dipping Sauce	6 A) Pasta A' La Cecca B) Chicken Divan	7 A) Pulled Pork BBQ B) Cheesy Stuffed Peppers	8 A) Blueberry Pancakes B) Hotdog in a bun with cheese
11 A) Chicken Stew B) Chef's Choice Soup	12 A) Garden Veggie Orzo Pasta Bake B) Turkey Sloppy Joe On Bun	13 A) Beans and Greens Soup B) Vegetable Pizza	14 A) Beef Pot Roast w/ Gravy B) Pierogis w/ Golden Mushroom Gravy	15 A) Baked Macaroni and Cheese B) Salisbury Steak w/ Peppers and Onions
18 A) Pizza Supreme B) Country Chicken w/ Cream Gravy	19 A) Salisbury Steak w/ Gravy B) Broccoli Cheddar Soup	20 A) Tomato Ravioli B) Turkey Meatloaf w/ Gravy	21 A) Creamy Veggie Lasagna Casserole B) Shaved Steak on	22 A) Parmesan Crusted Haddock B) Pancakes w/ Sausage
25 A) Ham and Egg Bake B) Grilled Hamburger with Basil Mayonnaise	26 A) Southwestern Chicken B) Cheesy Baked Ziti	27 A) Crispy Fish Filet B) Cheese Ravioli with Marinara Sauce	28 A) Meatloaf w/ Gravy B) Veggie Burger w/ Honey Mustard on a Roll	29 A) Pasta A' La Primavera B) Grilled Turkey Flatbread Sandwich

NAME:

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