



MEALS on WHEELS
SYRACUSE

Hot Entrée Choice Meal Menu

July 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) Chicken Cacciatore B) Egg and Potato Bake	3 A) Hearty Vegetable Chili w/ Cheddar Cheese B) Chicken Tenders w/ Dipping Sauce		5 A) Pulled Pork BBQ B) Cheesy Stuffed Peppers	6 A) Blueberry Pancakes B) Hotdog in a bun with cheese
9 A) Chicken Stew B) Chef's Choice Soup	10 A) Garden Veggie Orzo Pasta Bake B) Turkey Sloppy Joe On Bun	11 A) Beans and Greens Soup B) Vegetable Pizza	12 A) Beef Pot Roast w/ Gravy B) Pierogis w/ Golden Mushroom Gravy	13 A) Baked Macaroni and Cheese B) Salisbury Steak w/ Peppers and Onions
16 A) Pizza Supreme B) Country Chicken w/ Cream Gravy	17 A) Salisbury Steak w/ Gravy B) Broccoli Cheddar Soup	18 A) Tomato Ravioli B) Turkey Meatloaf w/ Gravy	19 A) Creamy Veggie Lasagna Casserole B) Shaved Steak on a Hoagie	20 A) Parmesan Crusted Haddock B) Pancakes w/ Sausage
23 A) Ham and Egg Bake B) Grilled Hamburger with Basil Mayonnaise	24 A) Southwestern Chicken B) Cheesy Baked Ziti	25 A) Crispy Fish Filet B) Cheese Ravioli with Marinara Sauce	26 A) Meatloaf w/ Gravy B) Veggie Burger w/ Honey Mustard on a Roll	27 A) Pasta A' La Primavera B) Grilled Turkey Flatbread Sandwich
30 A) Chicken Cacciatore B) Egg and Potato Bake	31 A) Hearty Vegetable Chili w/ Cheddar Cheese B) Chicken Tenders w/ Dipping Sauce			

NAME:

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