



Hot Entrée Choice Meal Menu

August 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 Cecca B) Chicken Divan	2 A) Pulled Pork BBQ B) Cheesy Stuffed Peppers	3 A) Blueberry Pancakes B) Hotdog in a bun with cheese
6 A) Chicken Stew B) Chef's Choice Soup	7 A) Garden Veggie Orzo Pasta Bake B) Turkey Sloppy Joe On Bun	8 A) Beans and Greens Soup B) Vegetable Pizza	9 A) Beef Pot Roast w/ Gravy B) Pierogis w/ Golden Mushroom Gravy	10 A) Baked Macaroni and Cheese B) Salisbury Steak w/ Peppers and Onions
13 A) Pizza Supreme B) Country Chicken w/ Cream Gravy	14 A) Salisbury Steak w/ Gravy B) Broccoli Cheddar Soup	15 A) Tomato Ravioli B) Turkey Meatloaf w/ Gravy	16 A) Creamy Veggie Lasagna Casserole B) Shaved Steak on	17 A) Parmesan Crusted Haddock B) Pancakes w/ Sausage
20 A) Ham and Egg Bake B) Grilled Hamburger with Basil Mayonnaise	21 A) Southwestern Chicken B) Cheesy Baked Ziti	22 A) Crispy Fish Filet B) Cheese Ravioli with Marinara Sauce	23 A) Meatloaf w/ Gravy B) Veggie Burger w/ Honey Mustard on a Roll	24 A) Pasta A' La Primavera B) Grilled Turkey Flatbread Sandwich
27 A) Chicken Cacciatore B) Egg and Potato Bake	28 A) Hearty Vegetable Chili w/ Cheddar Cheese B) Chicken Tenders w/ Dipping Sauce	29 A) Pasta A' La Cecca B) Chicken Divan	30 A) Pulled Pork BBQ B) Cheesy Stuffed Peppers	31 A) Blueberry Pancakes B) Hotdog in a bun with cheese

NAME:

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