



# Hot Entrée Choice Meal Menu

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