

*(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 NAMOW, 413 Church St, North Syracuse NY 13212*

**YOUR MEAL CHOICE CANNOT CONTRADICT YOUR DIETARY RESTRICTIONS.**

<b>Fall/Winter – Week One</b>				
Mon	Tue	Wed	Thu	Fri
A) Salisbury Steak w/ Mushroom Gravy	A) Parmesan Crusted Chicken	A) Baked Ziti w/ Italian Sausage	A) Ham and Scalloped Potatoes	A) Crispy Fish Fillet w/ Tartar Sauce
B) Cheesy stuffed Peppers	B) Breaded veal cutlet with brown sauce	B) Chicken patty sandwich w/ cranberry mayo	B) Buffalo chicken pizza	B) Pancake Sau- sage Wrap
<b>Fall/Winter – Week Two</b>				
Mon	Tue	Wed	Thu	Fri
A) Chicken Cacciatore	A) Texas Style Beef Chili	A) Roast Pork w/ Onion Gravy	A) Rosemary Roasted Chicken	A) Baked Macaroni and Cheese
B) Veggie burger on a roll with chipotle mayo	B) Turkey vegetable soup	B) Egg and Potato Quiche	B) Tuna noodle Casserole	B) Turkey burger w/ Cheddar and Salsa on a bun
<b>Fall/Winter – Week Three</b>				
Mon	Tue	Wed	Thu	Fri
A) Chicken Broccoli and Cheddar Divan	A) Pasta Riggies	A) Pepper Steak Sandwich	A) Turkey Pot Roast with Vegetables	A) Pasta Primavera
B) Spanish rice	B) Baked Potato Soup with Bacon	B) Crispy Fish Sand- wich	B) Meatloaf	B) Sausage , Peppers, Onions, roll
<b>Fall/Winter – Week Four</b>				
Mon	Tue	Wed	Thu	Fri
A) Country Chicken w/ Gravy	A) Beef Mushroom Stroganoff with Egg Noodles	A) Greek Lemon Chicken	A) Spaghetti and Meatballs	A) Ravioli with mari- nara
B) BBQ Pork Rib sandwich	B) Turkey Sloppy Joe on a Roll	B) Perogies with onions and butter	B) Asian baked fish	B) Turkey Tetrazzini

CALL US AT 315-452-1402 IF YOU WISH TO RECEIVE A FULL MENU. IT IS NOT A CHOICE SELECTION.

NAME: \_\_\_\_\_