

Clients Name:

Choice Meal Menu Fall/Winter – October 2026 – March 2027

YOUR MEAL CHOICE CANNOT CONTRADICT YOUR DIETARY RESTRICTIONS Meals on Wheels reserves the right to substitute menu items as needed (Return the menu with your volunteer or mail to MOW, 307 Gifford St Syracuse, NY 13204)

CIRCLE EITHER A OR B FOR ALL 4 WEEKS FOR HOT & COLD MEALS

	Monday	Tuesday	Wednesday	Thursday	Friday
HOT WEEK 1 10/12, 11/9, 12/7, 1/4, 2/1, 3/1, 3/29	A: Parmesan Crusted Chicken B: Turkey Sloppy Joe	A: Beef Stew on Biscuit B: Chicken Teriyaki on Rice	A: Baked Ziti w/ Sausage B: Chicken Patty w/ bun & Honey Mustard	A: Ham Steak w/ Honey Mustard Sauce B: Meatloaf w/ Gravy	A: Crispy Fish Fillet w/ Tartar Sauce B: Chicken Alfredo over Pasta
COLD WEEK 1 10/12, 11/9, 12/7, 1/4, 2/1, 3/1, 3/29	A: Turkey Flatbread B: Peanut Butter and Jelly Sandwich	A: Chicken & Provolone on a Roll B: Egg Salad on Whole Wheat Bread	A: Italian Pasta Salad B: Chicken Salad Sandwich	A: Turkey Sandwich on Rye B: Grilled Cheese Sandwich on Whole Wheat Bread	A: Ground Beef Taco Salad B: Tuna Salad w/ Tomato on Roll
HOT WEEK 2 10/19, 11/16, 12/14, 1/11, 2/8, 3/8	A: Rosemary Roasted Chicken B: Sausage and Peppers	A: Tuna Pasta Casserole B: Mexican Bowl w/ Ground Beef	A: Baked Macaroni and Cheese B: Swedish Meatballs w/ Mushroom Gravy over Pasta	A: Chicken Parmesan B: Vegetable Lasagna Rolls	A: Pasta & Meatballs B: Breaded Fish on Roll
COLD WEEK 2 10/19, 11/16, 12/14, 1/11, 2/8, 3/8	A: Tuna Salad Cold Plate B: Greek Chicken Salad	A: Ham & Swiss on Roll B: Chicken Caesar Wrap	A: Chef Salad w/ Turkey & Italian Dressing B: Cottage Cheese Plate w/ Broccoli & Tomato	A: Italian Chicken Pasta B: Fresh Veggie and Hard Boiled Egg Plate	A: Crab Salad on a Croissant B: Hummus & Veggie Wrap

Clients Name:

Choice Meal Menu Fall/Winter – October 2026 – March 2027

YOUR MEAL CHOICE CANNOT CONTRADICT YOUR DIETARY RESTRICTIONS Meals on Wheels reserves the right to substitute menu items as needed (Return the menu with your volunteer or mail to MOW, 307 Gifford St Syracuse, NY 13204)

CIRCLE EITHER A OR B FOR ALL 4 WEEKS FOR HOT & COLD MEALS

	Monday	Tuesday	Wednesday	Thursday	Friday
HOT WEEK 3 10/26, 11/23, 12/21, 1/18, 2/15, 3/15	A: Roasted Zucchini & Cheese Pasta B: Spanish Rice & Beef	A: Parmesan Crusted Fish B: Chicken Ala King over Biscuit	A: Meat Lasagna B: Loaded Baked Potato Soup	A: Turkey Stew B: Beef Meatloaf w/ Gravy	A: Breaded Fish Sandwich on Whole Wheat Bun B: Chicken Cordon Bleu Casserole
COLD WEEK 3 10/26, 11/23, 12/21, 1/18, 2/15, 3/15	A: Chicken Salad Sandwich B: Roast Beef and Cheddar on Rye	A: Ham & Provolone on Roll w/ Honey Mustard B: Cottage Cheese Cold Plate	A: Pimento Egg Sandwich B: Garden Salad w/ Chicken	A: Veggie Pizza B: Asian Salad w/ Chicken & Sesame Dressing	A: Southwest Veggie Salad B: Peanut Butter & Jelly on an English Muffin
HOT WEEK 4 11/2, 11/30, 12/28, 1/25, 2/22, 3/22	A: Sweet & Sour Pork B: Hamburger on Bun	A: Beef & Mushroom Stroganoff w/ Pasta B: Chicken Tenders w/ Dipping Sauce	A: Turkey Tetrazzini B: Roast Pork w/ Onion Gravy	A: Beef Chili B: Vegetable Egg Bake	A: Cheese Ravioli w/ Marinara B: Lemon Pepper Fish
COLD WEEK 4 11/2, 11/30, 12/28, 1/25, 2/22, 3/22	A: Tuna on Whole Wheat Bread B: Turkey Spinach Pita	A: Crab Seafood Pasta Salad B: Egg & Olive Salad	A: Chicken Salad Sandwich B: Fruit & Cheese Bowl w/ walnuts	A: Turkey Salad w/ Cranberry & Walnuts on Roll B: Ham Salad on Roll	A: Roast Beef & Provolone Sandwich B: Tortellini Chicken Salad