

Clients Name: \_\_\_\_\_

## Choice Meal Menu    Fall/Winter–Oct 2025– JULY 2026

*Return the menu with your volunteer or mail to MOW, 300 Burt St. Syracuse NY 13202*  
**YOUR MEAL CHOICE CANNOT CONTRADICT YOUR DIETARY RESTRICTIONS**

*Meals on Wheels reserves the right to substitute menu items as needed*

### CIRCLE EITHER A OR B FOR BOTH HOT AND COLD MEALS

<b>WEEK ONE</b>				
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>HOT MEALS</b>	<b>HOT MEALS</b>	<b>HOT MEALS</b>	<b>HOT MEALS</b>	<b>HOT MEALS</b>
<b>ENTRÉE A</b> Parmesan Crusted Chicken	<b>ENTRÉE A</b> Beef Stew on Biscuit	<b>ENTRÉE A</b> Baked Ziti with Sausage	<b>ENTRÉE A</b> Fruit Glazed Ham Steak	<b>ENTRÉE A</b> Crispy Fish Fillet With Tatar Sauce
<b>ENTRÉE B</b> Turkey Sloppy Joe on Bun	<b>ENTRÉE B</b> Chicken Teriyaki over Rice	<b>ENTRÉE B</b> Chicken Patty Sandwich	<b>ENTRÉE B</b> Meatloaf w/gravy	<b>ENTRÉE B</b> Chicken Alfredo over Pasta
<b>COLD MEALS</b>	<b>COLD MEALS</b>	<b>COLD MEALS</b>	<b>COLD MEALS</b>	<b>COLD MEALS</b>
<b>ENTRÉE A</b> Turkey Flatbread	<b>ENTRÉE A</b> Chicken & Provolone on Roll	<b>ENTRÉE A</b> Italian Pasta Salad	<b>ENTRÉE A</b> Turkey Sandwich on Rye Bread	<b>ENTRÉE A</b> Taco Salad w/Ground Beef
<b>ENTRÉE B</b> Peanut Butter & Jelly Sandwich	<b>ENTRÉE B</b> Egg Salad Sandwich	<b>ENTRÉE B</b> Chicken Salad on Whole Wheat	<b>ENTRÉE B</b> Grilled Cheese Sandwich	<b>ENTRÉE B</b> Tuna Salad w/tomato on Roll

**Menu Starting Monday the Weeks of: 10/6, 11/3, 12/1, 12/29, 1/26, 2/23, 3/23, 4/20, 5/18,6/15**

Any Questions Call 315-478-5948 x211

Date Entered: \_\_\_\_\_ Staff Initial: \_\_\_\_\_

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### CIRCLE EITHER A OR B FOR BOTH HOT AND COLD MEALS

<b>WEEK TWO</b>				
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>HOT MEALS</b>	<b>HOT MEALS</b>	<b>HOT MEALS</b>	<b>HOT MEALS</b>	<b>HOT MEALS</b>
<b>ENTRÉE A</b> Rosemary Roasted Chicken	<b>ENTRÉE A</b> Tuna Pasta Casserole	<b>ENTRÉE A</b> Baked Macaroni & Cheese	<b>ENTRÉE A</b> Chicken Parmesan	<b>ENTRÉE A</b> Pasta & Meatballs
<b>ENTRÉE B</b> Sausage w/Peppers & Onions	<b>ENTRÉE B</b> Mexican Bowl w/Ground Beef	<b>ENTRÉE B</b> Swedish Meatballs w/Mushroom Gravy over Pasta	<b>ENTRÉE B</b> Vegetable Lasagna Rolls	<b>ENTRÉE B</b> Breaded Fish on Roll
<b>COLD MEALS</b>	<b>COLD MEALS</b>	<b>COLD MEALS</b>	<b>COLD MEALS</b>	<b>COLD MEALS</b>
<b>ENTRÉE A</b> Tuna Salad Cold Plate	<b>ENTRÉE A</b> Ham & Swiss on Roll	<b>ENTRÉE A</b> Chef Salad w/Turkey	<b>ENTRÉE A</b> Italian Chicken Pasta Salad	<b>ENTRÉE A</b> Crab Salad on a Croissant
<b>ENTRÉE B</b> Greek Chicken Salad	<b>ENTRÉE B</b> Chicken Caesar Wrap	<b>ENTRÉE B</b> Cottage Cheese Cold Plate w/broccoli & tomato	<b>ENTRÉE B</b> Fresh Veggie & Hard-Boiled Egg Plate	<b>ENTRÉE B</b> Hummus & Veggie Wrap

**Menu Starting Monday the Weeks of: 10/13, 11/10, 12/8, 1/5, 2/2, 3/2, 3/30, 4/27, 5/25, 6/22**

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### CIRCLE EITHER A OR B FOR BOTH HOT AND COLD MEALS

WEEK THREE				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>HOT MEALS</b>	<b>HOT MEALS</b>	<b>HOT MEALS</b>	<b>HOT MEALS</b>	<b>HOT MEALS</b>
ENTRÉE A Roasted Zucchini & Cheese Pasta	ENTRÉE A Parmesan Crusted Fish	ENTRÉE A Meat Lasagna	ENTRÉE A Turkey Stew	ENTRÉE A Breaded Fish on Roll
ENTRÉE B Spanish Rice w/Beef	ENTRÉE B Chicken Ala King over Biscuit	ENTRÉE B Loaded Baked Potato Soup	ENTRÉE B Beef Meat loaf w/Gravy	ENTRÉE B Chicken Cordon Bleu Casserole
<b>COLD MEALS</b>	<b>COLD MEALS</b>	<b>COLD MEALS</b>	<b>COLD MEALS</b>	<b>COLD MEALS</b>
ENTRÉE A Chicken Salad Sandwich	ENTRÉE A Ham & Provolone on WG Roll w/Honey Mustard	ENTRÉE A Pimento Egg Sandwich	ENTRÉE A Veggie Pizza	ENTRÉE A Southwest Veggie Salad
ENTRÉE B Roast Beef & Cheddar on Rye	ENTRÉE B Cottage Cheese Cold Plate	ENTRÉE B Garden Salad w/ Chicken	ENTRÉE B Asian Salad w/ Chicken Sesame Ginger Dressing	ENTRÉE B Peanut Butter & Jelly w/ English Muffin

Menu Starting Monday the Weeks of: 10/20, 11/17, 12/15, 1/12, 2/9, 3/9, 4/6, 5/4,6/1,6/29

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### CIRCLE EITHER A OR B FOR BOTH HOT AND COLD MEALS

<b>WEEK FOUR</b>				
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>HOT MEALS</b>	<b>HOT MEALS</b>	<b>HOT MEALS</b>	<b>HOT MEALS</b>	<b>HOT MEALS</b>
<b>ENTRÉE A</b> Sweet & Sour Pork over Rice	<b>ENTRÉE A</b> Beef & Mushroom Stroganoff w/Bowtie Pasta	<b>ENTRÉE A</b> Turkey Tetrazzini	<b>ENTRÉE A</b> Beef Chili	<b>ENTRÉE A</b> Cheese Ravioli w/marinara
<b>ENTRÉE B</b> Beef Goulash	<b>ENTRÉE B</b> Chicken Tenders w/dipping sauce	<b>ENTRÉE B</b> Roast Pork w/Onion Gravy	<b>ENTRÉE B</b> Vegetable Egg Bake	<b>ENTRÉE B</b> Lemon Pepper Fish
<b>COLD MEALS</b>	<b>COLD MEALS</b>	<b>COLD MEALS</b>	<b>COLD MEALS</b>	<b>COLD MEALS</b>
<b>ENTRÉE A</b> Tuna Salad Sandwich	<b>ENTRÉE A</b> Seafood Pasta Salad	<b>ENTRÉE A</b> Chicken Salad Sandwich	<b>ENTRÉE A</b> Turkey Salad w/ Cranberries & walnuts on Roll	<b>ENTRÉE A</b> Roast Beef w/Provolone Sandwich
<b>ENTRÉE B</b> Turkey Spinach Pita	<b>ENTRÉE B</b> Egg & Olive Sandwich	<b>ENTRÉE B</b> Fruit & Cheese Bowl w/Walnuts	<b>ENTRÉE B</b> Ham Salad on Roll	<b>ENTRÉE B</b> Tortellini Chicken Salad

**Menu Starting Monday the Weeks of: 10/27, 11/24, 12/22, 1/19, 2/16, 3/16, 4/13, 5/11, 6/8**

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