



Choice Meal Menu Summer–June to December 2024

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

CIRCLE EITHER A OR B FOR BOTH HOT AND COLD

		WEEK ONE			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
HOT MEALS	HOT MEALS	HOT MEALS	HOT MEALS	HOT MEALS	HOT MEALS
ENTRÉE A Caprese Chicken Breast	ENTRÉE A Ham & Scalloped Potatoes	ENTRÉE A Fish Fillet Sandwich	ENTRÉE A Beef Meatloaf	ENTRÉE A Pasta Alla Primavera	
ENTRÉE B Hamburger on Bun	ENTRÉE B Southwestern Chicken	ENTRÉE B Macaroni & Cheese	ENTRÉE B Tomato Lentil Soup	ENTRÉE B Turkey Flatbread	
COLD MEALS	COLD MEALS	COLD MEALS	COLD MEALS	COLD MEALS	COLD MEALS
ENTRÉE A Cream Cheese & Raisin Bread	ENTRÉE A Turkey Salad Sandwich	ENTRÉE A Caesar Salad	ENTRÉE A Pimento Egg Salad	ENTRÉE A Turkey Sandwich	
ENTRÉE B Chicken Salad on WW Bread	ENTRÉE B Roast Beef Cold Plate	ENTRÉE B Tuna Salad Sandwich	ENTRÉE B Bacon Ranch Pasta Salad	ENTRÉE B Cheese & Tomato Pesto Pita	

Menu Starting Monday the Weeks of: 10/21, 11/18, 12/16

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

NO SUBSTITUTIONS ON THE SIDE DISHES UNLESS THERE IS A DIET ORDER FROM YOUR DOCTOR STATING ALLERGY

Any Questions Call 315-478-5948 x211

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WEEK TWO				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT MEALS	HOT MEALS	HOT MEALS	HOT MEALS	HOT MEALS
ENTRÉE A Chicken Cacciatore	ENTRÉE A Veggie Chili with Cheddar Cheese	ENTRÉE A Beef Goulash	ENTRÉE A Pulled BBQ Chicken on Bun	ENTRÉE A Seasoned Chicken w/Gravy
ENTRÉE B Breaded Fish Filet	ENTRÉE B Chicken Tenders with Dipping Sauce	ENTRÉE B Greek Lemon Chicken	ENTRÉE B Stuffed Pepper Casserole	ENTRÉE B Lemon & Dill Baked Fish
COLD MEALS	COLD MEALS	COLD MEALS	COLD MEALS	COLD MEALS
ENTRÉE A Ham & Provolone Sandwich	ENTRÉE A Chicken Salad Sandwich	ENTRÉE A Mediterranean Pasta Salad	ENTRÉE A Chef Salad with Peppered Turkey	ENTRÉE A Seafood Salad on Marble Rye
ENTRÉE B Deli Turkey Sandwich	ENTRÉE B Garden Veggie Salad	ENTRÉE B Egg Salad Sandwich	ENTRÉE B Tuna Salad Sandwich	ENTRÉE B Cottage Cheese Cold Plate

Menu Starting Monday the Weeks of: 10/28,11/25,12/23

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		WEEK THREE			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
HOT MEALS		HOT MEALS		HOT MEALS	
ENTRÉE A Cheese Ravioli with Marinara	ENTRÉE A Vegetable Pasta Bake	ENTRÉE A Vegetable Pizza	ENTRÉE A Shepard’s Pie	ENTRÉE A Chicken Breast w/Alfredo Sauce	
ENTRÉE B Greek Lemon Chicken Soup	ENTRÉE B Macaroni & Cheese	ENTRÉE B Breaded Pork Cutlet w/ Gravy	ENTRÉE B Pierogis with Sautéed Onions	ENTRÉE B Spinach White Bean Soup	
COLD MEALS		COLD MEALS		COLD MEALS	
ENTRÉE A Ham & Swiss Sandwich	ENTRÉE A Chicken Salad on Whole Wheat	ENTRÉE A Seafood Pasta Salad	ENTRÉE A Taco Salad with Diced Chicken	ENTRÉE A Turkey Salad	
ENTRÉE B Tuna Salad Sandwich	ENTRÉE B Spinach Salad w/Peppered Turkey	ENTRÉE B Veggie Pita w/ Ranch Dressing	ENTRÉE B Caprese Panini	ENTRÉE B Caesar Salad	

Menu Starting Monday the Weeks of: 10/7,11/4,12/2,12/30

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WEEK FOUR				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT MEALS	HOT MEALS	HOT MEALS	HOT MEALS	HOT MEALS
ENTRÉE A Parmesan Crusted Fish	ENTRÉE A Chicken & Lentil Stew	ENTRÉE A Vegetable Ravioli Bake	ENTRÉE A Turkey Sloppy Joes	ENTRÉE A Pasta & Meatballs
ENTRÉE B Spinach & Cheese Quiche	ENTRÉE B Spanish Rice with Beef & Beans	ENTRÉE B Turkey Burger	ENTRÉE B Waffles	ENTRÉE B Minestrone Soup
COLD MEALS	COLD MEALS	COLD MEALS	COLD MEALS	COLD MEALS
ENTRÉE A Egg & Olive Sandwich	ENTRÉE A Ham & Tortellini Salad	ENTRÉE A Turkey Club Sandwich	ENTRÉE A Tuna Salad	ENTRÉE A Chicken Pasta Salad
ENTRÉE B Roast Beef & Cheddar on Rye	ENTRÉE B Deli Turkey Sandwich	ENTRÉE B Cottage Cheese Cold Plate	ENTRÉE B Cheese & Fruit Bowl w/Nuts	ENTRÉE B Egg Salad with Crackers

Menu Starting Monday the Weeks of: 10/14, 11/11, 12/9

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