

Clients Name:	Date Received:	Staff Initial:
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Choice Meal Menu Fall/Winter–January to June 2025–2026

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

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	
ENTRÉE A Parmesan Crusted Chicken	ENTRÉE A Turkey Vegetable Soup	ENTRÉE A Baked Ziti with Sausage	ENTRÉE A Ham & Scalloped Potatoes	ENTRÉE A Crispy Fish Fillet With Tatar Sauce	
ENTRÉE B Turkey Sloppy Joe on WG Roll	ENTRÉE B Stuffed Pepper Casserole	ENTRÉE B Chicken Patty Sandwich	ENTRÉE B Veggie Frittata	ENTRÉE B Chicken Broccoli Alfredo	
COLD MEALS	COLD MEALS	COLD MEALS	COLD MEALS	COLD MEALS	
ENTRÉE A Turkey Flatbread	ENTRÉE A Chicken & Provolone on WG Roll	ENTRÉE A Italian Pasta Salad	ENTRÉE A Turkey Sandwich on Rye Bread	ENTRÉE A Taco Salad w/Ground Beef	
ENTRÉE B Peanut Butter & Jelly on WG Bread	ENTRÉE B Egg Salad on WG Bread	ENTRÉE B Chicken Salad on Whole Wheat	ENTRÉE B Grilled Cheese Sandwich on WG Bread	ENTRÉE B Tuna Salad w/tom on WG Roll	

Menu Starting Monday the Weeks of: 1/6, 2/3, 3/3, 3/31

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WEEK TWO				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT MEALS	HOT MEALS	HOT MEALS	HOT MEALS	HOT MEALS
ENTRÉE A Rosemary Roasted Chicken	ENTRÉE A Tuna Pasta Casserole	ENTRÉE A Baked Macaroni & Cheese	ENTRÉE A Chicken Parmesan	ENTRÉE A Pasta & Meatballs
ENTRÉE B Sausage w/peppers & Onions	ENTRÉE B Mexican Bowl w/ground Beef	ENTRÉE B Swedish Meatballs w/mushroom gravy	ENTRÉE B Minestrone Soup	ENTRÉE B Breaded Fish on WG Roll
COLD MEALS	COLD MEALS	COLD MEALS	COLD MEALS	COLD MEALS
ENTRÉE A Tuna Salad Cold Plate	ENTRÉE A Ham & Swiss on WG Roll	ENTRÉE A Chef Salad w/peppered Turkey	ENTRÉE A Italian Chicken Pasta Salad	ENTRÉE A Crab Salad on a Croissant
ENTRÉE B Greek Chicken Salad	ENTRÉE B Chicken Caesar Wrap	ENTRÉE B Cottage Cheese Cold Plate w/broccoli & tomato	ENTRÉE B Hard Boiled Egg Veggie Plate	ENTRÉE B Hummus & Veggie Wrap

Menu Starting Monday the Weeks of: 1/13, 2/10, 3/10

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WEEK THREE				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT MEALS	HOT MEALS	HOT MEALS	HOT MEALS	HOT MEALS
ENTRÉE A Roasted Zucchini & Cheese Pasta	ENTRÉE A Parmesan Crusted Fish	ENTRÉE A Pasta Reggie's	ENTRÉE A Turkey Stew	ENTRÉE A Breaded Fish on Bun
ENTRÉE B Spanish Rice w/Beef	ENTRÉE B Raisin French Toast Bake	ENTRÉE B Loaded Bake Potato Soup	ENTRÉE B Beef Meat loaf w/gravy	ENTRÉE B Chicken & Rice Soup
COLD MEALS	COLD MEALS	COLD MEALS	COLD MEALS	COLD MEALS
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: 1/20, 2/17, 3/17

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WEEK FOUR				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT MEALS	HOT MEALS	HOT MEALS	HOT MEALS	HOT MEALS
ENTRÉE A Country Fried Chicken w/Gravy	ENTRÉE A Beef & Mushroom Stroganoff w/farfalle Pasta	ENTRÉE A Roast Pork w/Onion Gravy	ENTRÉE A Beef Chili	ENTRÉE A Cheese Ravioli w/marinara
ENTRÉE B Goulash	ENTRÉE B Chicken Tenders w/honey mustard sauce	ENTRÉE B Chicken Lentil Stew	ENTRÉE B Vegetable Egg Bake	ENTRÉE B Lemon Pepper Fish
COLD MEALS	COLD MEALS	COLD MEALS	COLD MEALS	COLD MEALS
ENTRÉE A Tuna Salad on WG Bread	ENTRÉE A Seafood Pasta Salad	ENTRÉE A Chicken Salad on WG Bread	ENTRÉE A Turkey Salad w/ Cranberries & walnuts on Slider Roll	ENTRÉE A Tuna Macaroni Salad
ENTRÉE B Turkey Spinach Pita	ENTRÉE B Egg & Olive Sandwich on WG Bread	ENTRÉE B Fruit & Cheese Bowl w/Walnuts	ENTRÉE B Ham Salad on WG Roll	ENTRÉE B Roast Beef w/Provolone Sandwich

Menu Starting Monday the Weeks of: 1/27, 2/24, 3/24

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