

Clients Name:

Choice Meal Menu Spring/Summer–May – Oct 2025

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 Caprese Chicken	ENTRÉE A Ham & Scalloped Potatoes	ENTRÉE A Bread Fish on Bun w/tartar sc	ENTRÉE A Meatloaf w/gravy	ENTRÉE A Turkey Flatbread Pizza
ENTRÉE B Hamburger on Bun w/ketchup	ENTRÉE B Southwestern Chicken	ENTRÉE B Macaroni & Cheese	ENTRÉE B Tomato Lentil Stew	ENTRÉE B Chicken Tenders w/sauce
COLD MEALS	COLD MEALS	COLD MEALS	COLD MEALS	COLD MEALS
ENTRÉE A Cream Cheese w/Raisin Bread	ENTRÉE A Turkey Salad Sandwich	ENTRÉE A Tuna Salad Sandwich	ENTRÉE A Pimento Egg Salad Sandwich	ENTRÉE A Turkey Sandwich w/lett&tom
ENTRÉE B Chicken Salad Sandwich	ENTRÉE B Roast Beef Cold Plate	ENTRÉE B Caesar Salad	ENTRÉE B Bacon Ranch Pasta Salad	ENTRÉE B Cheese, Tomato & Pesto on Pita

Menu Starting Monday the Weeks of: 5/5, 6/2, 6/30, 7/28, 8/25, 9/22

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

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 Pasta Primavera	ENTRÉE A Goulash w/beef	ENTRÉE A Pulled BBQ Chicken on Bun	ENTRÉE A Seasoned Chicken w/gravy
ENTRÉE B Breaded Fish w/tartar sauce	ENTRÉE B Vegetable Chili w/cheese	ENTRÉE B Greek Lemon Chicken	ENTRÉE B Stuffed Pepper Casserole	ENTRÉE B Baked Lemon & Dill Fish
COLD MEALS	COLD MEALS	COLD MEALS	COLD MEALS	COLD MEALS
ENTRÉE A Ham & Provolone on Roll	ENTRÉE A Chicken Salad Sandwich	ENTRÉE A Mediterranean Pasta Salad	ENTRÉE A Chef Salad w/turkey	ENTRÉE A Seafood Salad on Rye
ENTRÉE B Turkey & Cheese Sandwich	ENTRÉE B Garden Veggie Salad	ENTRÉE B Egg Salad w/lett&tom sandwich	ENTRÉE B Tuna Salad w/lett&tom on Roll	ENTRÉE B Hardboiled Veggie Egg Plate

Menu Starting Monday the Weeks of: 5/12, 6/9, 7/7, 8/4, 9/1, 9/29

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		WEEK THREE		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT MEALS	HOT MEALS	HOT MEALS	HOT MEALS	HOT MEALS
ENTRÉE A Cheese Ravioli	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 Pierogies w/sautéed onions	ENTRÉE B Spinach White Bean Soup
COLD MEALS	COLD MEALS	COLD MEALS	COLD MEALS	COLD MEALS
ENTRÉE A Ham & Swiss Sandwich	ENTRÉE A Chicken Salad w/lett&tom Sandwich	ENTRÉE A Seafood Pasta Salad	ENTRÉE A Taco Salad w/chicken	ENTRÉE A Turkey Salad Sandwich
ENTRÉE B Tuna Salad Sandwich	ENTRÉE B Spinach Salad w/turkey	ENTRÉE B Veggie Pita w/ranch	ENTRÉE B Caprese Panini	ENTRÉE B Caesar Salad

Menu Starting Monday the Weeks of: 5/19, 6/16, 7/14, 8/11, 9/8, 10/6

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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 Joe on Bun	ENTRÉE A Pasta & Meatballs
ENTRÉE B Spanish Rice w/beef	ENTRÉE B Spinach & Cheese Quiche	ENTRÉE B Turkey Burger on Bun	ENTRÉE B Macaroni & Cheese	ENTRÉE B Minestrone Soup
COLD MEALS	COLD MEALS	COLD MEALS	COLD MEALS	COLD MEALS
ENTRÉE A Egg & Olive Sandwich	ENTRÉE A Tortellini Salad	ENTRÉE A Turkey Club on Kaiser Roll	ENTRÉE A Tuna Salad w/lett&tom Sandwich	ENTRÉE A Chicken Pasta Salad
ENTRÉE B Roast Beef & Cheese on Rye	ENTRÉE B Turkey w/lett&tom Sandwich	ENTRÉE B Cottage Cheese Cold Plate	ENTRÉE B Cheese,Nut & Fruit w/crackers	ENTRÉE B Egg Salad w/crackers

Menu Starting Monday the Weeks of: 5/26, 6/23, 7/21, 8/18, 9/15

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