

Clients Name:

## Choice Meal Menu    Fall/Winter–Oct 2025– April 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 MEALS

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

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Any Questions Call 315-478-5948 x211

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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**

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

		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 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
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: 10/20, 11/17, 12/15, 1/12, 2/9, 3/9, 4/6**

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

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

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

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