

**MEALS ON WHEELS OF SYRACUSE
FALL/WINTER MENU 2016/2017**

Monday	Tuesday	Wednesday	Thursday	Friday
Hot	Hot	Hot	Hot	Hot
ENTREE Salisbury Steak with Mushroom Gravy	ENTRÉE Parmesan Crusted Chicken	ENTRÉE Baked Ziti with Italian Sausage	ENTRÉE Ham and Scalloped Potatoes	ENTRÉE Crispy Fish Fillet with Tartar Sauce
SIDE Tarragon Egg Noodles	SIDE Seasoned Potatoes	SIDE Broccoli Crowns	SIDE California Blend Vegetables	SIDE Carnival Rice
SIDE Lemon Glazed Carrots	SIDE Green Beans Amandine	SIDE Zesty Garlic Bread	SIDE Fresh Blueberry Cobbler	SIDE Beets Vinaigrette
Alternate	Alternate	Alternate	Alternate	Alternate
ENTREE Cheesy Stuffed Peppers	ENTRÉE Breaded Veal Cutlet with Brown Sauce	ENTRÉE Chicken Patty Sandwich with Cranberry Mayonnaise	ENTRÉE Buffalo Chicken Pizza	ENTRÉE Swedish Meatballs
SIDE Lima Beans	SIDE Roasted Cauliflower	SIDE Escalloped Apples	SIDE Petite Peas	SIDE Scandinavian Vegetables
Cold	Cold	Cold	Cold	Cold
ENTRÉE Grilled Chicken Flatbread Sandwich	ENTRÉE Ham and Provolone on a Kaiser Roll with Honey Mustard	ENTRÉE Egg and Olive on Indian Naan Bread	ENTRÉE Turkey Pastrami on Rye with Russian Dressing	ENTRÉE Crab Salad w/Kaiser roll
SIDE Black Bean and Corn Salad	SIDE Tomato Cucumber Salad	SIDE Tangy Carrot Salad	SIDE Munich Style Sauerkraut	SIDE Crispy Broccoli Salad
SIDE Applesauce	SIDE Pineapple Tidbits	SIDE Plump Peaches	SIDE Home Style Macaroni Salad	SIDE Mandarin Oranges
SIDE Chocolate Pudding Oreo Parfait	SIDE Rice Krispie Treat	SIDE Cinnamon Streusel Cake	SIDE Banana	SIDE Raisin Oatmeal Cookies
Milk or Juice as Requested	Milk or Juice as Requested	Milk or Juice as Requested	Milk or Juice as Requested	Milk or Juice as Requested
Alternate	Alternate	Alternate	Alternate	Alternate
ENTRÉE Cheese Sandwich	ENTRÉE Peanut Butter and Jelly Bagel	ENTRÉE Roasted Red Pepper Pinwheel	ENTRÉE Sliced Turkey on White Bread with Lettuce and Tomato	ENTRÉE Bologna Sandwich on Italian Bread with Mustard
SIDE Mandarin Oranges	SIDE Banana	SIDE Confetti Coleslaw	SIDE Fruit Cocktail	SIDE Red Grapes

Monday	Tuesday	Wednesday	Thursday	Friday
Hot	Hot	Hot	Hot	Hot
ENTREE Chicken Cacciatore	ENTRÉE Texas Style Beef Chili	ENTRÉE Roast Pork with Onion Gravy	ENTRÉE Rosemary Roasted Chicken	ENTRÉE Baked Macaroni and Cheese Formaggio
SIDE Parslied Cavatelli	SIDE Broccoli Crowns	SIDE Buttered Sweet Potato Whip	SIDE Apple and Celery Stuffing	SIDE Stewed Tomatoes
SIDE Scandinavian Blend Vegetables	SIDE Honey Baked Cornbread	SIDE Lemon Dilled Zucchini	SIDE Buttery Peas and Onions	SIDE Collard Greens
Alternate	Alternate	Alternate	Alternate	Alternate
ENTREE Veggie Burger on a Roll with Chipotle Mayo	ENTRÉE Turkey Vegetable Soup	ENTRÉE Egg and Potato Bake	ENTRÉE Tuna Noodle Casserole	ENTRÉE Turkey Burger with Sour Cream and Salsa on a Whole Grain Bun
SIDE Corn Niblets	SIDE Buttered Carrots	SIDE Buttery Sweet Peas	SIDE Tri-Pepper Sauté	SIDE Syracuse Style Spinach
Cold	Cold	Cold	Cold	Cold
ENTRÉE Genoa Salami and Muenster Cheese on a Hoagie Roll with Mayo	ENTRÉE Chef Salad with Peppered Turkey	ENTRÉE Capicola on Multigrain Bread with Peppers and Onions	ENTRÉE Beef on Wick with Horseradish Cream	ENTRÉE English Muffin Pizza
SIDE Cilantro Cucumber Salad	SIDE Crispy Garlic Breadstick	SIDE Orzo Salad	SIDE Red Cabbage and Raisin Salad	SIDE Black-Eyed Pea Salad
SIDE Tropical Fruit Medley	SIDE Pear Halves	SIDE Citrus Salad	SIDE Applesauce	SIDE Apricots
SIDE Butterscotch Toffee Parfait	SIDE Hershey's Famous Chocolate Cake	SIDE Chocolate Chip Cookie	SIDE Angel Food Cake with Lemon Sauce	SIDE Pumpkin Custard
Milk or Juice as Requested	Milk or Juice as Requested	Milk or Juice as Requested	Milk or Juice as Requested	Milk or Juice as Requested
Alternate	Alternate	Alternate	Alternate	Alternate
ENTRÉE Tuna Salad on Whole Wheat Bread with Lettuce and Tomato	ENTRÉE Grilled Cheese Sandwich	ENTRÉE Cheese and Fruit Plate	ENTRÉE Turkey on Whole Wheat with Lettuce, Tomato and Mayonnaise	ENTRÉE Shrimp Salad on Marble Rye Bread
SIDE Fresh Apple Crisp	SIDE Three Amigo's Bean Salad	SIDE Oatmeal Bread	SIDE Baby Carrots with Ranch Dip	SIDE Orzo Fruit Salad

Monday	Tuesday	Wednesday	Thursday	Friday
Hot	Hot	Hot	Hot	Hot
ENTREE Chicken Divan	ENTRÉE Vegetable Lasagna	ENTRÉE Pepper Steak	ENTRÉE Loaded Baked Potato Soup with Green Onions	ENTRÉE Crab Cakes with Hollandaise Sauce
SIDE Warm Buttery Biscuit	SIDE Zucchini and Tomatoes	SIDE Brown Rice	SIDE Oriental Blend Vegetables	SIDE Buttery Squash Soup
SIDE Corn Niblets	SIDE Cranberry Crisp	SIDE Dilled Carrots	SIDE Peach Cobbler	SIDE Broccoli Crowns
Alternate	Alternate	Alternate	Alternate	Alternate
ENTREE Spanish Rice	ENTRÉE Turkey Pot Roast	ENTRÉE Vegetarian Chili With Cheddar Cheese	ENTRÉE Meatloaf with Gravy	ENTRÉE Sausage, Peppers, and Onions
SIDE Green Beans with Lemon Butter	SIDE Garlic Spinach	SIDE Wax Beans	SIDE Mixed Vegetables	SIDE Lemony Brussel Sprouts
Cold	Cold	Cold	Cold	Cold
ENTRÉE Pimento Egg Salad Served with Pita Chips	ENTRÉE Hummus Cup w/pita bread	ENTRÉE Chicken Salad Sandwich	ENTRÉE Roast Beef and Cheddar on Rye	ENTRÉE Tuna Croissant
SIDE Apple Raisin Cous Cous Salad	SIDE Tabouli Salad	SIDE Roasted Corn and Tomato Salad	SIDE Panzanella Salad	SIDE Lettuce and Tomato Slices
SIDE Peach Halves	SIDE Diced Pears	SIDE Banana	SIDE Toasted Orzo Salad	SIDE Potato Salad
SIDE Tiramisu Pudding	SIDE Sugar Cookie	SIDE Chocolate Éclair Cake	SIDE Mandarin Oranges	SIDE Lemon Bar
Milk or Juice as Requested	Milk or Juice as Requested	Milk or Juice as Requested	Milk or Juice as Requested	Milk or Juice as Requested
Alternate	Alternate	Alternate	Alternate	Alternate
ENTRÉE Cream Cheese Vegetable Pizza	ENTRÉE Ham Salad on a Whole Wheat Roll	ENTRÉE Turkey Spinach Wrap	ENTRÉE Fruit and Cheese Bowl	ENTRÉE Ham and Swiss on a Bagel with Mustard
SIDE Caprese Salad	SIDE Fresh Green Grapes	SIDE Waldorf Salad	SIDE Cucumber Salad	SIDE Citrus Salad

Monday	Tuesday	Wednesday	Thursday	Friday
Hot	Hot	Hot	Hot	Hot
ENTREE Country Chicken w/cream gravy	ENTRÉE Beef Stroganoff with Egg Noodles	ENTRÉE Glazed Chicken with Fruit Sauce	ENTRÉE Spaghetti and Meatballs	ENTRÉE Frittata
SIDE Mashed Potatoes	SIDE Classic Mixed Vegetables	SIDE Potatoes O'Brien	SIDE Sicilian Garlic Bread	SIDE Broccoli Crowns
SIDE Collard Greens	SIDE Gingered Pears	SIDE Warm Buttery Beets	SIDE Savory String Beans	SIDE Cinnamon Baked Apple
Alternate	Alternate	Alternate	Alternate	Alternate
ENTREE BBQ Pork	ENTRÉE Turkey Sloppy Joe on a Hard Roll	ENTRÉE Cuban Black Beans w/yellow rice	ENTRÉE Baked Lemon Pepper Fish	ENTRÉE Turkey Tetrazzini
SIDE Baked Beans	SIDE Succotash	SIDE Dinner Roll	SIDE Mom's Mashed Potatoes	SIDE Braised Swiss Chard with Orange
Cold	Cold	Cold	Cold	Cold
ENTRÉE Seafood Pasta Salad	ENTRÉE Cream Cheese Veggie Pizza	ENTRÉE Reuben Sandwich	ENTRÉE Crunchy Turkey Salad Sandwich	ENTRÉE Vegetable Pizza
SIDE Dinner Roll	SIDE Minestrone Salad	SIDE Sour Cream and Cucumbers	SIDE Asian Coleslaw	SIDE Pea Salad
SIDE Pineapple Chunks	SIDE Cantaloupe Chunks	SIDE Applesauce	SIDE Fruit Ambrosia	SIDE Banana
SIDE Yogurt Granola Parfait	SIDE Nilla Wafer Banana Pudding	SIDE Chocolate Cake	SIDE Gingerbread	SIDE Blueberry Scone
Milk or Juice as Requested	Milk or Juice as Requested	Milk or Juice as Requested	Milk or Juice as Requested	Milk or Juice as Requested
Alternate	Alternate	Alternate	Alternate	Alternate
ENTRÉE Peanut Butter and Jelly on a English Muffin	ENTRÉE Meatloaf Sandwich on Italian Bread	ENTRÉE Provolone, Lettuce, and Tomato Pinwheels	ENTRÉE Bologna Sandwich on White Bread with Mustard	ENTRÉE Ham Salad on a Dinner Roll
SIDE Frozen Vegetable Salad	SIDE Tossed Salad	SIDE Fruit Cocktail Jello	SIDE Coleslaw	SIDE Spinach Salad with Oranges