

# Meals On Wheels Of Syracuse Spring/Summer 2017 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot</b>	<b>Hot</b>	<b>Hot</b>	<b>Hot</b>	<b>Hot</b>
<b>ENTREE</b> Grilled Hamburger with Basil Mayonnaise	<b>ENTRÉE</b> Soutwestern Chicken	<b>ENTRÉE</b> Macaroni and Cheese	<b>ENTRÉE</b> Hot & Hearty Meatloaf	<b>ENTRÉE</b> Pasta Alla Primavera
<b>SIDE</b> Carrot Coins	<b>SIDE</b> Brown Rice Pilaf	<b>SIDE</b> Broccoli Crowns	<b>SIDE</b> Mom's Mashed Potatoes	<b>SIDE</b> Multi Grain Roll
<b>SIDE</b> Gingered Pears	<b>SIDE</b> Petite Peas	<b>SIDE</b> Capri Vegetables	<b>SIDE</b> Stewed Tomatoes	<b>SIDE</b> Peach Cobbler
<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>
<b>ENTREE</b> Ham & Egg Bake	<b>ENTRÉE</b> Cheesy Baked Ziti	<b>ENTRÉE</b> Hearty Vegetable Chili with Cheddar Cheese	<b>ENTRÉE</b> Veggie Burger with Honey Mustard on a Whole Wheat Roll	<b>ENTRÉE</b> Grilled Turkey Flatbread Sandwich
<b>SIDE</b> Scandinavian Blend Vegetables	<b>SIDE</b> Chuck wagon Corn	<b>SIDE</b> Tri Pepper Sauté	<b>SIDE</b> Oriental Blend Vegetables	<b>SIDE</b> Roasted Parslied Cauliflower
<b>Cold</b>	<b>Cold</b>	<b>Cold</b>	<b>Cold</b>	<b>Cold</b>
<b>ENTRÉE</b> Cream Cheese w/ Raisin Bread	<b>ENTRÉE</b> Roast Beef Cold Plate	<b>ENTRÉE</b> Tuna Salad Sandwich	<b>ENTRÉE</b> Bowtie Pasta Salad with Cheese	<b>ENTRÉE</b> Cold Cereal
<b>SIDE</b> Lettuce, Tomato, Pickles	<b>SIDE</b> Dinner Roll	<b>SIDE</b> Cheddar Biscuit	<b>SIDE</b> Red Cabbage & Raisin Salad	<b>SIDE</b> Hard Boiled Eggs
<b>SIDE</b> Chick Pea and Feta Salad	<b>SIDE</b> Tomato Cucumber Salad	<b>SIDE</b> Caesar Salad	<b>SIDE</b> Oatmeal Whole Wheat Quick Bread	<b>SIDE</b> Strawberries
<b>SIDE</b> Yogurt & Granola Parfait	<b>SIDE</b> Peaches	<b>SIDE</b> Key Lime Swirl	<b>SIDE</b> Mandarin Oranges	<b>SIDE</b> Chocolate Pudding
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
<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>
<b>ENTRÉE</b> Capicola on Italian Bread with Peppers & Onions	<b>ENTRÉE</b> Red Lentil Quinoa Pilaf	<b>ENTRÉE</b> Peanut Butter & Jelly Bagel	<b>ENTRÉE</b> Pimento Egg Salad & Pita Chips	<b>ENTRÉE</b> Genoa Salami & Muenster on a Soft Roll
<b>SIDE</b> Pineapple Tidbits	<b>SIDE</b> Tortilla Chips	<b>SIDE</b> Banana	<b>SIDE</b> Fruit Cocktail	<b>SIDE</b> Applesauce

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<b>ENTREE</b> Chicken Cacciatore	<b>ENTRÉE</b> Hearty Vegetable Chili with Cheddar Cheese	<b>ENTRÉE</b> Pepper Steak	<b>ENTRÉE</b> Pulled Pork BBQ	<b>ENTRÉE</b> Blueberry Whole Wheat Pancake
<b>SIDE</b> Buttered Rotini	<b>SIDE</b> California Blend Vegetables	<b>SIDE</b> Zesty Garlic Bread	<b>SIDE</b> Oven Roasted Potatoes	<b>SIDE</b> Hash Browns
<b>SIDE</b> Roasted Okra	<b>SIDE</b> Honey Baked Cornbread	<b>SIDE</b> Oatmeal Raisin Cookie	<b>SIDE</b> Buttery Beets	<b>SIDE</b> Sausage Links
<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>
<b>ENTREE</b> Egg & Potato Quiche	<b>ENTRÉE</b> Chicken Tenders with Dipping Sauce	<b>ENTRÉE</b> Pasta w/fresh tomatoes	<b>ENTRÉE</b> Cheesy Stuffed Peppers	<b>ENTRÉE</b> Hotdog in Bun
<b>SIDE</b> Mixed Berry Compote	<b>SIDE</b> Broccoli Crowns	<b>SIDE</b> Brown Rice	<b>SIDE</b> Lima Beans	<b>SIDE</b> Classic Mixed Vegetables
<b>Cold</b>	<b>Cold</b>	<b>Cold</b>	<b>Cold</b>	<b>Cold</b>
<b>ENTRÉE</b> Deli Turkey Sandwich	<b>ENTRÉE</b> Meatloaf Sandwich	<b>ENTRÉE</b> Mediterranean Pasta Salad	<b>ENTRÉE</b> Tuna Salad Sandwich w/ Chipotle Mayo	<b>ENTRÉE</b> Cottage Cheese Cold Plate
<b>SIDE</b> Caprese Salad	<b>SIDE</b> Spinach Salad	<b>SIDE</b> Romaine Salad	<b>SIDE</b> Apricots or other Seasonal Fruit	<b>SIDE</b> Fresh Fruit Cup
<b>SIDE</b> Pineapple Salsa	<b>SIDE</b> Cantaloupe	<b>SIDE</b> Mandarin Oranges	<b>SIDE</b> Tabouli	<b>SIDE</b> Honey Orange Bran Muffin
<b>SIDE</b> Watermelon Cubes	<b>SIDE</b> Butterscotch Toffee Parfait	<b>SIDE</b> Banana Cake	<b>SIDE</b> Snicker doodle cookie	<b>SIDE</b> Chocolate Éclair Cake
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
<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>
<b>ENTRÉE</b> Shrimp Salad on Marble Rye	<b>ENTRÉE</b> Roasted Red Pepper Hummus Pita	<b>ENTRÉE</b> Grilled Cheese Sandwich	<b>ENTRÉE</b> Chef Salad with Peppered Turkey	<b>ENTRÉE</b> Ham & Provolone on Kaiser Roll with Honey Mustard
<b>SIDE</b> Pears	<b>SIDE</b> Tropical Fruit Medley	<b>SIDE</b> Pretzels	<b>SIDE</b> Mandarin Oranges	<b>SIDE</b> Lettuce & Tomato

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<b>Hot</b>	<b>Hot</b>	<b>Hot</b>	<b>Hot</b>	<b>Hot</b>
<b>ENTREE</b> Chicken Stew	<b>ENTRÉE</b> Turkey Sloppy Jo on Bun	<b>ENTRÉE</b> Beans & Greens Soup	<b>ENTRÉE</b> Pot Roast with Gravy	<b>ENTRÉE</b> Baked Macaroni & Cheese
<b>SIDE</b> Oven Roasted Potatoes	<b>SIDE</b> Corn Niblets	<b>SIDE</b> Macaroni and Cheese	<b>SIDE</b> Mashed Potatoes	<b>SIDE</b> Zucchini Stir Fry
<b>SIDE</b> Garlic Spinach	<b>SIDE</b> Peach Cobbler	<b>SIDE</b> Buttery Dilled Carrots	<b>SIDE</b> Capri Mixed Vegetables	<b>SIDE</b> Apple Cranberry Crisp
<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>
<b>ENTREE</b> Chef's Choice Soup	<b>ENTRÉE</b> Vegetable Pasta Bake	<b>ENTRÉE</b> Vegetable Pizza	<b>ENTRÉE</b> Pierogies w/ Sauce	<b>ENTRÉE</b> Salisbury Steak with Peppers, and Onions
<b>SIDE</b> Classic Mixed Veggies	<b>SIDE</b> Buttery Peas & Onions	<b>SIDE</b> Green Beans	<b>SIDE</b> Lemony Brussels Sprouts	<b>SIDE</b> Wax Beans
<b>Cold</b>	<b>Cold</b>	<b>Cold</b>	<b>Cold</b>	<b>Cold</b>
<b>ENTRÉE</b> Ham Salad on Hoagie	<b>ENTRÉE</b> Tuna Salad	<b>ENTRÉE</b> Seafood Pasta Salad	<b>ENTRÉE</b> Taco Salad	<b>ENTRÉE</b> Caramelized Onion Tart
<b>SIDE</b> Tossed Salad with Italian Dressing	<b>SIDE</b> Saltine Crackers	<b>SIDE</b> Broccoli Salad	<b>SIDE</b> Cilantro Cucumber Salad	<b>SIDE</b> Mesclun Greens with Orange Vinaigrette
<b>SIDE</b> Fresh Banana	<b>SIDE</b> Grapes	<b>SIDE</b> Fresh Strawberries	<b>SIDE</b> Cantaloupe Melon	<b>SIDE</b> Pears
<b>SIDE</b> Sugar Cookie	<b>SIDE</b> Orange Creamsicle Salad	<b>SIDE</b> Mango Pudding	<b>SIDE</b> Chocolate Chip Cookie	<b>SIDE</b> Grape Oatmeal Cookie Bars
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
<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>
<b>ENTRÉE</b> Pizza w/broccoli	<b>ENTRÉE</b> Reuben Sandwich	<b>ENTRÉE</b> PB, Honey, Flax Spread on an English Muffin	<b>ENTRÉE</b> Caprese Panini	<b>ENTRÉE</b> Crunchy Turkey Salad on a Multi Grain Roll
<b>SIDE</b> Peach Halves	<b>SIDE</b> Pineapple Tidbits	<b>SIDE</b> Cinnamon Applesauce	<b>SIDE</b> Citrus Salad	<b>SIDE</b> Apricots

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<b>Hot</b>	<b>Hot</b>	<b>Hot</b>	<b>Hot</b>	<b>Hot</b>
<b>ENTREE</b> Pizza Supreme	<b>ENTRÉE</b> Salisbury Steak with Gravy	<b>ENTRÉE</b> Tomato Ravioli	<b>ENTRÉE</b> Pasta Riggies	<b>ENTRÉE</b> Parmesan Crusted Fish
<b>SIDE</b> Spinach	<b>SIDE</b> Buttery Beets	<b>SIDE</b> Crispy Garlic Breadstick	<b>SIDE</b> Savory Whole Green Beans	<b>SIDE</b> Syracuse Salt Potatoes
<b>SIDE</b> Blueberry Cake	<b>SIDE</b> Biscuit	<b>SIDE</b> Escalloped Apples	<b>SIDE</b> Black Bean Brownies	<b>SIDE</b> California Blend Vegetables
<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>
<b>ENTREE</b> Country Chicken with Onion Gravy	<b>ENTRÉE</b> Broccoli Cheddar Soup	<b>ENTRÉE</b> Pork Chop with Gravy	<b>ENTRÉE</b> Shaved Steak on a Hoagie	<b>ENTRÉE</b> Pancakes w/sausage
<b>SIDE</b> Peas	<b>SIDE</b> Italian Blend Vegetables	<b>SIDE</b> Oven Roasted Vegetables	<b>SIDE</b> Caramelized Peppers & Onions	<b>SIDE</b> Warm Cinnamon Applesauce
<b>Cold</b>	<b>Cold</b>	<b>Cold</b>	<b>Cold</b>	<b>Cold</b>
<b>ENTRÉE</b> Tuna Salad Sandwich	<b>ENTRÉE</b> Chicken Salad Sandwich	<b>ENTRÉE</b> Turkey Sandwich w/cranberry mayo	<b>ENTRÉE</b> Ham & Tortellini Salad	<b>ENTRÉE</b> Egg & Olive Sandwich
<b>SIDE</b> Greek & Tomato Cucumber Salad	<b>SIDE</b> Saltines	<b>SIDE</b> Fruit Salad	<b>SIDE</b> Honey Dew Melon	<b>SIDE</b> Macaroni Salad
<b>SIDE</b> Toasted Orzo Salad	<b>SIDE</b> Pea Salad	<b>SIDE</b> Tortilla Chips	<b>SIDE</b> Dinner Roll	<b>SIDE</b> Fruited Jell-O
<b>SIDE</b> Nilla Wafer Banana Pudding	<b>SIDE</b> Chocolate Oat Bars	<b>SIDE</b> Pears	<b>SIDE</b> Tangy Lemon Bar	<b>SIDE</b> Tiramisu
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
<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>	<b>Alternate</b>
<b>ENTRÉE</b> Bologna Sandwich	<b>ENTRÉE</b> Cheese & Fruit Bowl	<b>ENTRÉE</b> Roasted Red Pepper Pinwheels	<b>ENTRÉE</b> Cheese Sandwich	<b>ENTRÉE</b> PB&J w/ Bagel
<b>SIDE</b> Plump Peaches	<b>SIDE</b> Whole Grain Crackers	<b>SIDE</b> Mandarin Oranges	<b>SIDE</b> Apple Raisin Couscous	<b>SIDE</b> Blueberries