



meals on wheels erie

MENU

Revised 8/31/2015

Meals On Wheels Erie
1128 State Street, Suite 317
Erie, PA 16501
Office: (814) 452-6930

www.MealsOnWheelsErie.org
wecare@mealsonwheelserie.org

MEALS PREPARED BY



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CYCLE 1 HOT MEAL	Breaded Chicken w/ Gravy Rice Pilaf Corn --- Pasta Salad Slice of Bread with Butter 8 oz. 2% Milk --- Cake <i>Diet Meal: Sugar Free Jello</i>	Lasagna Meatballs Peas and Carrots --- Garden Salad w/ French Dressing Slice of Bread with Butter 8 oz. 2% Milk --- Cookie <i>Diet Meal: Sugar Free Jello</i>	Sloppy Joes Mac and Cheese Green Beans --- Carrot Raisin Salad Hamburger Bun 8 oz. 2% Milk --- Brownies <i>Diet Meal: Sugar Free Pudding</i>	Chicken and Bisuits Mashed Potatoes Broccoli --- Garden Salad w/ French Dressing Slice of Bread with Butter 8 oz. 2% Milk --- Cake <i>Diet Meal: Angel Food Cake</i>	Tuna Noodle Casserole Carrots --- Cottage Cheese Slice of Bread with Butter 8 oz 2 % Milk --- Cookie <i>Diet Meal: Sugar Free Pudding</i>
Optional LIGHT MEAL	Italian Hero Sandwich* Seasonal Fresh Fruit Pudding <i>Diet Meal: Sugar Free Pudding</i>	Ham and Swiss Sandwich Seasonal Fresh Fruit Cookie <i>Diet Meal: Angel Food Cake</i>	Roast Beef and Provolone Sandwich Seasonal Fresh Fruit Cookie <i>Diet Meal: Sugar Free Jello</i>	Chicken Salad Sandwich Seasonal Fresh Fruit Pudding <i>Diet Meal: Sugar Free Pudding</i>	Turkey and Swiss Sandwich Seasonal Fresh Fruit Jello <i>Diet Meal: Sugar Free Jello</i>
CYCLE 2 HOT MEAL	Sliced Turkey w/ Gravy Stuffing Green Beans --- Carrot Raisin Salad Slice of Bread with Butter 8 oz 2% Milk --- Fruit Crisp <i>Diet Meal: Sugar Free Jello</i>	Baked Ham Scalloped Potatoes Carrots --- Cottage Cheese Slice of Bread with Butter 8 oz 2 % Milk --- Cake <i>Diet Meal: Sugar Free Jello</i>	Spaghetti Meatballs Broccoli --- Garden Salad w/ French Dressing Slice of Bread with Butter 8 oz 2 % Milk --- Brownies <i>Diet Meal: Angel Food Cake</i>	BBQ Chicken Baked Beans Corn --- Pasta Salad Slice of Bread with Butter 8 oz 2% Milk --- Cookie <i>Diet Meal: Sugar Free Jello</i>	Hamburger Tatar Tots Peas and Carrots --- Garden Salad w/ French Dressing Hamburger Bun 8 oz 2% Milk --- Fruit Crisp <i>Diet Meal: Sugar Free Jello</i>
Optional LIGHT MEAL	Ham and Swiss Sandwich Seasonal Fresh Fruit Cookie <i>Diet Meal: Angel Food Cake</i>	Italian Hero Sandwich* Seasonal Fresh Fruit Pudding <i>Diet Meal: Sugar Free Pudding</i>	Tuna Salad Sandwich Seasonal Fresh Fruit Jello <i>Diet Meal: Sugar Free Jello</i>	Salami and Provolone Sandwich Seasonal Fresh Fruit Cookie <i>Diet Meal: Sugar Free Pudding</i>	Egg Salad Sandwich Seasonal Fresh Fruit Jello <i>Diet Meal: Angel Food Cake</i>

* Italian Hero contains: Baked Ham, Provolone, Hard Salami, and Pepperoni

SUBSTITUTIONS

If you have an allergy to any food, please tell us. We can substitute any menu item. For example, if you are lactose intolerant we can give you juice instead.

WEEKEND MEALS

Weekend Meals contain a frozen entrée with fresh sides and are available at the same cost as a hot meal. They are delivered on Friday (but if Friday is a holiday they are delivered on Thursday - Thanksgiving weekend meals are delivered on Wednesday). You can purchase one or two meals to suit your needs.

WEEKDAY HOLIDAY MEALS

Our kitchen is closed on weekday holidays (see list on last page). Holiday meals contain a frozen entrée with fresh sides and are delivered the weekday prior to the holiday (i.e. delivered Friday for a Monday holiday). Just put in the fridge for 24 hours to defrost overnight. Reheating instructions are included.



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CYCLE 3 HOT MEAL	Salisbury Steak w/ Gravy Mashed Potatoes Carrots --- Cottage Cheese Slice of Bread with Butter 8 oz. 2% Milk --- Cookie <i>Diet Meal: Sugar Free Pudding</i>	Swedish Meatballs Egg noodles Broccoli --- Carrot Raisin Salad Slice of Bread with Butter 8 oz 2 % Milk --- Brownie <i>Diet Meal: Angel Food Cake</i>	Chicken and Biscuit Rice Pilaf Green Beans --- Garden Salad w/ French Dressing Slice of Bread with Butter 8 oz. 2% Milk --- Cookie <i>Diet Meal: Sugar Free Pudding</i>	Lasagna Italian Sausage Peas and Carrots --- Pasta Salad Slice of Bread with Butter 8 oz 2% Milk --- Cake <i>Diet Meal: Sugar Free Jello</i>	Slow cooked Chuck Roast w/ Gravy Mashed Potatoes Corn --- Garden Salad w/French Dressing Slice of Bread with Butter 8 oz 2 % Milk --- Fruit Crisp <i>Diet Meal: Sugar Free Jello</i>
Optional LIGHT MEAL	Italian Hero Sandwich* Seasonal Fresh Fruit Pudding <i>Diet Meal: Sugar Free Jello</i>	Ham and Swiss Sandwich Seasonal Fresh Fruit Cookie <i>Diet Meal: Sugar Free Pudding</i>	Roast Beef and Provolone Sandwich Seasonal Fresh Fruit Pudding <i>Diet Meal: Sugar Free Jello</i>	Chicken Salad Sandwich Seasonal Fresh Fruit Cookie <i>Diet Meal: Angel Food Cake</i>	Turkey and Swiss Sandwich Seasonal Fresh Fruit Jello <i>Diet Meal : Sugar Free Jello</i>
CYCLE 4 HOT MEAL	Baked Herb Chicken Stuffing Broccoli --- Carrot Raisin Salad Slice of Bread with Butter 8 oz. 2% Milk --- Cake <i>Diet Meal: Angel Food Cake</i>	Salisbury Steak w/ Gravy Scalloped Potatoes Green Beans --- Pasta Salad Slice of Bread with Butter 8 oz 2% Milk --- Fruit Crisp <i>Diet Meal: Sugar Free Pudding</i>	Meat Ravioli Peas and Carrots --- Garden Salad w/ French Dressing Slice of Bread with Butter 8 oz 2 % Milk --- Brownie <i>Diet Meal: Sugar Free Jello</i>	Chicken Parmesan Penna Pasta Corn --- Chottage Cheese Slice of Bread with Butter 8 oz 2 % Milk --- Cake <i>Diet Meal: Sugar Free Pudding</i>	Breaded Baked Fish Tatar Tots Carrots --- Garden Salad w/ French Dressing Slice of Bread with Butter 8 oz 2% Milk --- Cookie <i>Diet Meal: Angel Food Cake</i>
Optional LIGHT MEAL	Ham and Swiss Sandwich Seasonal Fresh Fruit Cookie <i>Diet Meal: Sugar Free Pudding</i>	Italian Hero Sandwich* Seasonal Fresh Fruit Pudding <i>Diet Meal: Sugar Free Jello</i>	Tuna Salad Sandwich Seasonal Fresh Fruit Cookie <i>Diet Meal: Angel Food Cake</i>	Salami and Provolone Sandwich Seasonal Fresh Fruit Cookie <i>Diet Meal: Sugar Free Pudding</i>	Egg Salad Sandwich Seasonal Fresh Fruit Jello <i>Diet Meal: Sugar Free Jello</i>

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Meals On Wheels Erie 2015-2016 MENU CYCLES

Jul 2015		Aug 2015		Sep 2015		Oct 2015		Nov 2015		Dec 2015	
Week of	Cycle	Week of	Cycle	Week of	Cycle	Week of	Cycle	Week of	Cycle	Week of	Cycle
Jul 29	4	Aug 3	1	Aug 31	1	Oct 5	2	Nov 2	2	Nov 30	2
Jul 6	1	Aug 10	2	Sep 7	2	Oct 12	3	Nov 9	3	Dec 7	3
Jul 13	2	Aug 17	3	Sep 14	3	Oct 19	4	Nov 16	4	Dec 14	4
Jul 20	3	Aug 24	4	Sep 21	4	Oct 26	1	Nov 23	1	Dec 21	1
Jul 27	4			Sep 28	1					Dec 28	2

Jan 2016		Feb 2016		Mar 2016		Apr 2016		May 2016		Jun 2016	
Week of	Cycle	Week of	Cycle	Week of	Cycle	Week of	Cycle	Week of	Cycle	Week of	Cycle
Jan 4	3	Feb 1	3	Mar 7	4	Apr 4	4	May 2	4	Jun 6	1
Jan 11	4	Feb 8	4	Mar 14	1	Apr 11	1	May 9	1	Jun 13	2
Jan 18	1	Feb 15	1	Mar 21	2	Apr 18	2	May 16	2	Jun 20	3
Jan 25	2	Feb 22	2	Mar 28	3	Apr 25	3	May 23	3	Jun 27	4
		Feb 29	3					May 30	4		

Leap Day! →

Frozen Holiday meals are delivered the weekday prior to the following holidays:

Independence Day (7/3 observed), Labor Day (9/7), Thanksgiving (11/26 and 27), Christmas Eve and Day (12/24 and 25)
New Year's Eve and Day (12/31 and 1/1), MLK Day (1/18), President's Day (2/15), Good Friday (3/25), Memorial Day (5/30)

NOTES

Meals are delivered between 10AM and Noon. Please be home to accept your meal in person.

We do not leave meals. Refer to the Client Guidelines for more information. Guidelines are sent with your first invoice and they are sent with your first meal. You can always download them from our website at www.MealsOnWheelsErie.org.

CANCELLING A MEAL DELIVERY

Call by 3PM the previous day to cancel a meal! We don't want to waste a meal. Private Pay clients will be billed if they call the morning of the cancellation (meal is already made). If called in by 3PM the previous day, meal will be credited. As a courtesy to our Volunteers, even if a meal has to be cancelled the morning of delivery, please call in that morning (by 9:30AM) so the volunteer doesn't have to make a stop.