



meals on wheels erie

SAMPLE MENU

LECOM Senior Living Center (SLC) makes our meals. They provide a ten week rotating menu and this is a SAMPLE of two weeks. MOW recipients get the same menu items as SLC residents.

Meals On Wheels Erie
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
READY TO HEAT MEAL	Herbed Baked Chicken Scalloped Potatoes Brussels Sprouts --- 2% Milk --- Fresh Fruit Cup <i>Diet Meal: Sugar Free Dessert</i>	Pork Patty w/mushroom gravy Cinnamon Sweet Potato Green Beans --- Wheat Bread 2% Milk --- Cinnamon Graham Cracker <i>Diet Meal: Sugar Free Dessert</i>	Ham and Potato Casserole Penne Pasta Mixed Vegetable --- 2% Milk --- Banana Cake <i>Diet Meal: Sugar Free Dessert</i>	Bourbon Beef Tips w/Rice Oriental Vegetable Blend --- Dinner Roll 2% Milk --- Custard Pie <i>Diet Meal: Sugar Free Dessert</i>	Baked Pork Chop w/Gravy Mashed Potatoes Fresh Carrot Coins --- 2% Milk --- Chocolate Mousse <i>Diet Meal: Sugar Free Dessert</i>
Optional LIGHT MEAL	BLT on White Bread Sliced Peaches Oatmeal Raisin Cookie <i>Diet Meal: Sugar Free Dessert</i>	Ham & American on Wheat Chilled Apricot Halves Melt Away Bar <i>Diet Meal: Sugar Free Dessert</i>	Turkey & American on White Tropical Fruit Pur Blondie Brownie <i>Diet Meal: Sugar Free Dessert</i>	Chicken Caesar Wrap Pears Sugar Cookie <i>Diet Meal: Sugar Free Dessert</i>	Tuna Salad on Wheat Pineapple Tidbits Chocolate Pudding <i>Diet Meal: Sugar Free Dessert</i>

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
READY TO HEAT MEAL	Baked Stuffed Flounder Red Bliss Potatoes Peas & Pearl Onions --- 2% Milk --- Brownie Blondie <i>Diet Meal: Sugar Free Dessert</i>	Baked Meatloaf w/Beef Gravy Mashed Potatoes Capri Blend Vegetables --- 2% Milk --- Pumpkin Pie <i>Diet Meal: Sugar Free Dessert</i>	Chicken Breast w/Apple Gravy Broccoli Rice Au Gratin Green Beans Amandine --- 2% Milk --- Autumn Fruit Cobbler <i>Diet Meal: Sugar Free Dessert</i>	Kielbasa Cabbage Noodles California Vegetable Blend --- 2% Milk --- Gingerbread Cake <i>Diet Meal: Sugar Free Dessert</i>	Pork Tenderloin w/Plum Puree Mashed Potatoes Green & Yellow Squash --- 2% Milk --- Chocolate Cream Pie <i>Diet Meal: Sugar Free Dessert</i>
Optional LIGHT MEAL	Ham & Swiss on Rye Mandarin Orange Vanilla Pudding <i>Diet Meal: Sugar Free Dessert</i>	Tuna Salad on Croissant Pears Apple Caramel Bar <i>Diet Meal: Sugar Free Dessert</i>	Italian Hoagie Fruit Cocktail Oatmeal Raisin Cookies <i>Diet Meal: Sugar Free Dessert</i>	Grilled Chicken Sandwich Fresh Banana Pecan Chocolate Bar <i>Diet Meal: Sugar Free Dessert</i>	Bologna & American on White Applesauce Chocolate Chip Cookies <i>Diet Meal: Sugar Free Dessert</i>

SUBSTITUTIONS

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

HOLIDAY MEALS

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.

WEEKEND MEALS

Weekend Meals contain a frozen entrée with fresh sides and are available at the same cost as the regular ready-to-heat meal. They are delivered on Friday. You can purchase one or two meals. The menu sample for weekends is not shown because they will constantly change regardless of the ten week menu.

Meals On Wheels Erie

MENU ADDENDUM

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

New Year's Eve and Day
MLK Day (mid January)
President's Day (mid February)
Good Friday
Memorial Day
Independence Day
Labor Day
Thanksgiving Day
Day after Thanksgiving (Black Friday)

DELIVERY NOTES

Meals are delivered between 10AM and Noon. You must be home to accept your meal in person. We leave meals only if approved in advance with certain conditions. Please call for more information or refer to your Client Guidelines for more information - they are sent with your first invoice and your first meal.

You can always download your Client Guidelines from our website at www.MealsOnWheelsErie.org.

CANCELLING A MEAL DELIVERY

Please call by NOON the previous weekday (Friday for a Monday, for instance) 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 NOON 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 that morning (by 9:30AM) so the volunteer doesn't have to make a stop.

KITCHEN NOTES

All meals are prepared NAS - No Added Salt
All sauces are LS - Low Sodium
Food substitutions can be made for allergies, medical intolerances and for doctor-recommended and religious restrictions. Vegetarian, soft food, renal and gluten free diets are not supported at this time.
LECOM follows recommendations from the DASH Diet (Dietary Approach to Stop Hypertension), Dietary Guidelines for Americans, and Dietary Reference Intakes (DRIs) used in federal nutrition and food programs.