



3375 University Avenue, Morgantown, WV 26505  
Phone: **304-599-1954**  
**Kitchen Hours: 6AM – 12 Noon Monday thru Friday**

In addition to providing daily meals Monday through Friday, Morgantown Area Meals on Wheels offers shelf stable weekend meals for those weekday clients who are interested.

Weekend meals consist of food items that can easily be heated in a microwave or on a stove top or eaten as is. These are delivered on Thursday or Friday of each week along with that day's meal.

A typical weekend meal pack, which covers both Saturday and Sunday (2 meals), includes:

- One microwavable individual pasta serving such as Chef Boyardee Raviolis
- One can of soup such as Campbells Chicken Noodle
- One vegetable cup that can be beans, carrots or peas as examples
- One individual packet of peanut butter and 2 packages of saltines
- One pack of cookies or oatmeal or grain bar
- One package of Peanut Butter crackers
- One piece of fresh fruit such as apples, oranges and bananas
- One applesauce or fruit cup
- Two tea bags

The cost per meal for the weekend meals is the same as the weekday meals. For clients wishing to receive these, if you pay \$6.00 a meal it will be \$12.00 for the weekend meal pack. Please contact the kitchen to sign up.