

**MEALS ON WHEELS OF DURHAM**  
HOME DELIVERED MEALS - October 2020



**MEALS ON WHEELS**  
DURHAM

**919-667-9424**

**Important Policies:**

***Be home between  
9:30 am and 1:30 pm  
on  
Mondays to receive  
your meals.***

***Call us by noon on  
Wednesdays to  
cancel your meals  
for the upcoming  
week.***

***Please Help Us Keep  
Safe!  
Remember to Wear  
Your Face Mask  
During Deliveries***

<b>Week of October 1</b>				
<b>Inside out Cordon Bleu</b> Broccoli Peaches Roll	<b>Beef Chili Mac</b> California Veggies Fruit Compote Garlic Roll	<b>Glazed Ham</b> Sweet Potatoes Green Beans Orange Roll	<b>Citrus Tarragon Chicken</b> Navy Beans Carrots Pineapple Garlic Bread	<b>Cheese Burger</b> Baked Beans Confetti Corn Mandarins Burger Bun
<b>Week of October 5</b>				
<b>Roasted Turkey w/ Gravy</b> Cheesy Potatoes Green Beans Tropical Fruit Roll	<b>SW Beef &amp; Rice Casserole</b> Spinach Fruit Cobbler Roll	<b>Southern Chicken w/ Gravy</b> Black-eyed Peas Broccoli Orange	<b>Chicken Bayou</b> Rice Zucchini & Tomatoes Apple Sauce Breadstick	<b>Meatloaf</b> Mashed Potatoes Green Beans Pears Sourdough Bread
<b>Week of October 12</b>				
<b>Hamburger Steak w/ Gravy</b> Rice Pilaf Green Beans Pears Sliced Bread	<b>BBQ Chicken</b> Sweet Potato Creamed Spinach Orange Hushpuppy	<b>Jerk Chicken</b> Rice Pilaf Peas & Carrots Apple Sauce Roll	<b>Sloppy Joe</b> Boiled Potatoes Cabbage Fruit Explosion Burger Bun	<b>Chicken Alfredo</b> Broccoli Spiced Apples w/ Raisins Sourdough Bread
<b>Week of October 19</b>				
<b>Turkey Hot Dog</b> Carrots Spiced Pineapple Hot Dog Bun	<b>Country Fried Steak</b> Mashed Potatoes Seasoned Greens Mandarin Oranges	<b>Apple Pork Chop</b> Sweet Potatoes Zucchini Banana Roll	<b>Baked Spaghetti</b> Mixed Veggies Warm Peaches Roll	<b>Chicken Chow Mein</b> Garlicy Broccoli Spiced Pears Garlic Roll
<b>Week of October 26</b>				
<b>Meatball Stroganoff</b> Mixed Veggies Apple Sauce Roll	<b>Bruschetta Chicken</b> Butter Noodles Green Beans Fantasy Fruit Breadstick	<b>Irish Stew</b> Potatoes & Carrots Cabbage Spiced Peaches Cornbread	<b>Turkey Corn Dogs</b> Cheesy Potatoes Summer Squash Orange	<b>Chicken Parmesan</b> Butter Noodles California Veg Blend Banana

**For health and safety: Refrigerate any uneaten food immediately!**

*Menu items are subject to change at any time*

# FOR YOUR HEALTH

October 2020



Depression affects more than 6.5 million of the 35 million Americans aged 65 years or older.

## Signs and Symptoms of Depression

Difficulty focusing on completing tasks	Not eating well or losing weight
Stop doing the activities you have enjoyed doing	Irritable
No longer feel like seeing friends or talking to them on the phone	Not sleeping well
Feelings of sadness	Not wanting to get out of bed

## What to Do?



- ✓ Talk to your doctor about your symptoms; sometimes they will order medication or suggested other treatment
- ✓ Talk to your trusted clergyman, rabbi or spiritual leader
  - ✓ Seek professional help if needed
  - ✓ Tell someone