

MEALS ON WHEELS OF DURHAM

HOME DELIVERED MEALS - January 2020



MEALS ON WHEELS
DURHAM

919-667-9424

Important Policies:

***Be home between
10:00 am and 12:30 pm
Monday - Friday to receive
your meal.***

*Call us to cancel by **noon**
the day before delivery.*

*Do you have a doctor's
appointment this month?*

*Call us **today** to let us
know when you won't be
home!*

***If you are not home and
have not cancelled your
meal in advance, your
service could be
stopped.***

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 MOW Office Closed New Years Day: You received a shelf stable meal in advance for this day	2 Stuffed Peppers Carrots Spiced Pineapple Bread Milk	3 Southern Chicken n Gravy Black Eyed Peas Garlic Spinach Orange Milk
	6 Honey Glazed Pork Chop Harvard Beets Caluiflower w/ Cheese Peaches Wheat Roll, Milk	7 Cheese Ravioli w/ Meat Sauce Broccoli Spiced Pears Roll, Milk	8 Cheese Burger Garden Peas Fruit Compote Burger Bun Milk	9 Chicken Parmesan Noodles 5-way Veggies Apple Juice Milk	10 Country Fried Steak Mashed Potatoes Seasoned Greens Fruit Explosion Milk
	13 Turkey Chili Broccoli Spiced Peaches Corn Bread Milk	14 Lemon Rosemary Chicken Navy Beans Carrots Pineapple Garlic Bread, Milk	15 Baked Sausage Ziti Zucchini & Tomatoes Warm Apple Sauce Veggie Juice Medley Milk	16 Sweet & Sassy Meatloaf Mashed Potatoes Collard Greens Bananas Bread, Milk	17 Chicken Stir-Fry Brown Rice Stir-Fry Veggies Mango Tango Roll, Milk
	20 MOW Office Closed Martin Luther King Holiday: You'll receive a shelf stable meal in advance for this day	21 Roasted Turkey w/ Gravy Mac n Cheese Green Beans Tropical Fruit Corn Bread, Milk	22 Chicken n Waffles Veggie Juice Turnip Greens Spiced Apples Milk	23 BBQ Pulled Pork Sweet Potato Souffle Stewed Cabbage Orange Hushpuppy, Milk	24 Mango Chicken Rice Pilaf Peas & Carrots Pears Roll, Milk
	27 Chicken n Dumplings Sauteed Spinach Fruit Compote Veggie Juice Milk	28 Sloppy Joe Boiled Potatoes Cabbage Fruit Explosion Milk	29 Turkey Hot Dog Carrots Spiced Pineapple Milk	30 BBQ Chicken Thighs Squash Casserole Dill Carrots Orange Roll, Milk	31 Meatloaf Mashed Potatoes Green Beans Pears Sourdough, Milk

Menu items are subject to change at any time

FOR YOUR HEALTH

January 2020

Food Temperatures and Storage

1. The “Danger Zone”

- Bacteria grow most rapidly in the temperature range between 41 and 135 degrees.
- Never leave food out of a refrigerator for more than 2 hours.

2. Storing Leftovers

- One of the most common causes of foodborne illness is the improper cooling and storage of cooked foods.
- Put all leftover foods in a shallow container for quick cooling and refrigerate within 2 hours.

3. Reheating Food

- Reheat foods thoroughly to an internal temperature of 165 degrees or until hot and steaming.
- When using a microwave, cover food and rotate so that it heats evenly.
- After heating food to the correct temperature, let it stand for at least two minutes.

REFRIGERATE ALL FOOD

THAT YOU DO NOT EAT IMMEDIATELY!