

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



**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!*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <b>Baked Spaghetti</b> Noodles Mixed Veggies Warm Peaches Veggie Juice Medley, Milk	4 <b>Crab Cake w/ Lemon Sauce</b> Corn Ratatouille Banana, Milk	5 <b>BBQ Pork Rib Sandwich w/ Pickles &amp; Cheddar</b> Burger Bun California Veg Spiced Apples, Milk	6 <b>Stuffed Peppers</b> Carrots Spiced Pineapple Bread Milk	7 <b>Southern Chicken n Gravy</b> Black Eyed Peas Garlic Spinach Orange Milk
10 <b>Honey Glazed Pork Chop</b> Harvard Beets Caluiflower w/ Cheese Peaches Wheat Roll, Milk	11 <b>Cheese Ravioli w/ Meat Sauce</b> Broccoli Spiced Pears Roll, Milk	12 <b>Cheese Burger</b> Garden Peas Fruit Compote Burger Bun Milk	13 <b>Chicken Parmesan</b> Noodles 5-way Veggies Apple Juice Milk	14 <b>Country Fried Steak</b> Mashed Potatoes Seasoned Greens Fruit Explosion Milk
17 <b>Turkey Chili</b> Broccoli Spiced Peaches Corn Bread Milk	18 <b>Lemon Rosemary Chicken</b> Navy Beans Carrots Pineapple Garlic Bread, Milk	19 <b>Baked Sausage Ziti</b> Zucchini & Tomatoes Warm Apple Sauce Veggie Juice Medley Milk	20 <b>Sweet &amp; Sassy Meatloaf</b> Mashed Potatoes Collard Greens Banana Bread, Milk	21 <b>Chicken Stir-Fry</b> Brown Rice Stir-Fry Veggies Mango Tango Roll, Milk
24 <b>Salisbury Steak w/ Gravy</b> Brown Rice Pilaf Carrots Pineapple White Roll, Milk	25 <b>Roasted Turkey w/ Gravy</b> Mac n Cheese Green Beans Tropical Fruit Corn Bread, Milk	26 <b>Chicken n Waffles</b> Veggie Juice Turnip Greens Spiced Apples Milk	27 <b>BBQ Pulled Pork</b> Sweet Potato Souffle Stewed Cabbage Orange Hushpuppy, Milk	28 <b>Mango Chicken</b> Rice Pilaf Peas & Carrots Pears Roll, Milk

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

*Menu items are subject to change at any time*

# FOR YOUR HEALTH

February 2020

Topic: Vegetables and Fruits

## 1. Eat a Variety of Fruits and Vegetables Every Day!



- Fruits and Vegetables are critical to promoting good health.
- Fruits and vegetables offer important vitamins and minerals that keep your body healthy.

## 2. The Colors of Health



- Fruits and vegetables come in terrific colors and flavors, but the real beauty lies in what's inside.
- Eating fruits and vegetables of different colors gives your body a wide range of nutrients (fiber, folate, potassium and vitamins A and C).
- Try some of these today: green spinach, yellow corn, purple plums, red watermelon and white onions!!

## 3. Fruits and Vegetables on the Go!



- Benefit from food that nutritious, yet easy to eat-on-the-go, like fresh fruits and vegetables.
- Fruits and vegetables are a natural source of energy and give the body many nutrients needed to keep you going.