

MEALS ON WHEELS OF DURHAM

HOME DELIVERED MEALS - March 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
2 Chicken n Dumplings Sautéed Spinach Fruit Compote Veggie Juice Milk	3 Sloppy Joe Boiled Potatoes Cabbage Fruit Explosion Milk	4 Turkey Hot Dog Carrots Spiced Pineapple Milk	5 BBQ Chicken Thighs Squash Casserole Dill Carrots Orange Wheat Roll, Milk	6 Meatloaf Mashed Potatoes Green Beans Pears Sourdough, Milk
9 Baked Spaghetti Mixed Vegetables Warm Peaches Veggie Juice Milk	10 Crab Cake w/ Lemon Sauce Corn Ratatouille Banana, Milk	11 BBQ Pork Rib Sandwich w/ Pickles & Cheddar California Vegetables Spiced Apples Milk	12 Stuffed Peppers Brown Rice Pepper Carrots Spiced Pineapples White Bread, Milk	13 Southern Chicken n Gravy Black Eyed Peas Garlic Spinach Orange Milk
16 Honey Glazed Pork Chop Harvard Beets Cauliflower w/ Cheese Peaches Wheat Roll, Milk	17 Cheese Ravioli w/ Meat Sauce Broccoli Roll Milk	18 Cheese Burger Burger Bun Garden Peas Fruit Compote Milk	19 Chicken Parmesan 5 Way Veggies Apple Juice Milk	20 Country Fried-Steak Mashed Potatoes Seasoned Greens Fruit Compote Milk
23 Turkey Chili Broccoli Spiced Peaches Corn Bread Milk	24 Lemon Rosemary Chicken Navy Beans Carrots Pineapple Garlic Bread, Milk	25 Baked Sausage Ziti Pasta Zucchini & Tomatoes Warm Apple Sauce Veggie Juice, Milk	26 Sweet & Sassy Meatloaf Mashed Potatoes Collard Greens Banana Wheat Bread, Milk	27 Chicken Stir-Fry Brown Rice Stir-Fry Veg Mango Tango Wheat Roll, Milk
30 Salisbury Steak w/ Gravy Brown Rice Pilaf Carrots Pineapple White Roll, Milk	31 Roasted Turkey w/ Gravy Mac n Cheese Green Beans Tropical Fruit Corn Bread, 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

March 2020



Topic: Medication Management

1. Ask your doctor or health care provider important questions.
 - Why is this medication being prescribed?
 - When and how do I take this medication?
 - Do I take it with food or on an empty stomach?
 - Can it be taken with dairy products?
 - Do I take it at bedtime?
 - What do I do if I miss a dosage?
 - Ask all the questions you have until you are comfortable with taking your medications.
2. Use the same pharmacy for all your prescriptions. 
 - Most pharmacies have systems that alert pharmacist of possible drug interactions with your medications.
 - Your pharmacist can make labels with large print if you have trouble seeing instructions. 
3. Storing medications.
 - Do not place more than one medication in a single container.
 - Clearly label all storage containers with appropriate name of medication.
 - Do not take any medications beyond its expiration date.
4. Sharing medications. 
 - Do not give or share your medications with anyone.
 - Do not take medications from anyone.