



MEALS ON WHEELS
DURHAM
919-667-9424

MEALS ON WHEELS OF DURHAM

HOME DELIVERED MEALS - August 2020

Week of August 3

Hamburger Steak w/Gravy & Onions Rice Pilaf Green Beans Pears Sliced Bread	BBQ Chicken Sweet Potato Creamed Spinach Orange Hushpuppy	Jerk Chicken Rice Pilaf Peas & Carrots Apple Sauce Roll	Sloppy Joe Boiled Potatoes Cabbage Fruit Explosion Burger Bun	Chicken Alfredo Broccoli Spiced Apples Sourdough Bread	Chicken Pot Pie Carrots Spiced Peaches Biscuit	Eggs Spinach & Potatoes Apple Juice Pancake w/ Sausage
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Week of August 10

Turkey Hot Dog Carrots Spiced Pineapples Hot Dog Bun	Country Fried Steak Mashed Potatoes Seasoned Greens Mandarin Oranges	Apple Pork Chop Sweet Potatoes Zucchini Banana Roll	Baked Spaghetti Mixed Veggies Warm Peaches Roll	Chicken Chow Mein Garlicy Broccoli Spiced Pears Garlic Roll	Curry Chicken Rice Peas Orange Roll	Hamburger Baked Beans Corn Apple Juice Burger Bun
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Week of August 17

Meatball Stroganoff Mixed Veggies Apple Sauce Roll	Bruschetta Chicken Butter Noodles Green Beans Fantasy Fruit Breadstick	Irish Stew Spiced Peaches Cabbage Spiced Peaches Cornbread	Turkey Corn Dogs Cheesy Potatoes Summer Squash Orange	Chicken Parmesan Butter Noodles Veggie Blend Banana	Chicken and Rice Casserole Broccoli Spiced Apples Roll	Omelet Spinach Hash Brown Apple Juice Biscuit
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Week of August 24

Inside Out Cordon Bleu Rice Broccoli Peaches Roll	Beef Chili Mac California Veggies Fruit Compote Garlic Roll	Glazed Ham Sweet Potatoes Green Beans Orange Roll	Citrus Tarragon Chicken Navy Beans Carrots Pineapple Garlic Bread	Cheese Burger Baked Beans Confetti Corn Mandarins Burger Bun	BBQ Chicken Boiled Potatoes Broccoli Banana Roll	Biscuits & Gravy Eggs Spinach Apple Juice
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Week of August 31

Roasted Turkey w/ Gravy Cheesy Potatoes Green Beans Topical Fruit Roll	Beef and Rice Casserole Spinach Fruit Cobbler Roll	Southern Chicken w/ Gravy Black-eyed Peas Broccoli Orange	Chicken Bayou Rice Zucchini & Tomatoes Apple Sauce Breadstick	Meatloaf Mashed Potatoes Green Beans Pears Sourdough Bread	Turkey Hot Dog Baked Beans Veggies Peaches Bun	Chicken & Dumplings Greens Apple Compote
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FOR YOUR HEALTH

August 2020

Did You Know: Dental problems are among the most common health problems for persons 65 years +.

Areas of Dental Care to Check Out

Dental Decay

Our gums can recede causing the roots of our teeth to be exposed and the possibility of more gum decay or infection

Gum Disease

Plaque grows on the surface of our teeth. The bacteria found in plaque give off acids that cause gum disease

Poor Fitting Dentures

Dentures that are loose or uncomfortable can make it difficult to speak and cause chewing problems (which can lead to poor nutrition)

Taking Care of Dental Needs

- ✓ See your dentist once a year
- ✓ Brush or floss daily
- ✓ If you wear dentures, keep them out of your mouth at least six hours each day
- ✓ Keep your mouth moistened (to avoid decay).