

MEALS ON WHEELS OF DURHAM
HOME DELIVERED MEALS - September 2019



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
2 Meals on Wheels Will be closed For Labor Day	3 BBQ Chicken Thighs Roasted Potatoes Dill Carrots Orange Wheat Roll, Milk	4 Southern Chicken & Gravy Rice Pilaf Lima Beans Banana Milk	5 Baked Sausage Ziti WG Pasta Zucchini & Tomatoes Warm Apple Sauce Veggie Juice, Milk	6 Meatloaf Mashed Potatoes Green Beans Pears Sourdough, Milk
9 Hamburger Steak w/ Gravy & Onions Rice Pilaf Green Beans, Pears Sliced Bread, Milk	10 BBQ Pulled Pork Sweet Potato Souffle Creamed Spinach Orange Hushpuppy, Milk	11 Mango Chicken Rice Pilaf Peas and Carrots Apple Sauce Wheat Roll, Milk	12 Sloppy Joe Boiled Potatoes Cabbage Casserole Fruit Explosion WW Burger Bun, Milk	13 Chicken Alfredo Pasta in Alfredo Spiced Apples & Raisins Sourdough Bread Milk
16 Turkey Hot Dog Carrots Spiced Pineapple Hot Dog Bun Milk	17 Country Fried Steak Mashed Potatoes Seasoned Greens Mandarin Oranges Milk	18 Smothered Pork Chop Sweet Potatoes Zucchini Banana White Roll, Milk	19 Baked Spaghetti Noodles Mixed Veggies Warm Peaches Veggie Juice, Milk	20 Chicken Caccitore Garlicy Broccoli Spiced Pears Biscuit Milk
23 Meatball Stroganoff Noodles Mixed Veggies Applesauce Roll, Milk	24 Sweet & Sassy Meatloaf Mashed Potatoes Green Beans Fantasy Fruit Sliced Wheat Bread, Milk	25 Shrimp & Grits Broccoli Spiced Pears Cornbread Milk	26 Turkey Corn Dogs Cheesy Potatoes Summer Squash Orange Milk	27 Chicken Parmesan Butter Noodles California Veg Blend Banana Milk
30 King Ranch Chicken Corn Pudding Lemon Peas Peaches Roll, Milk				

For health and safety: Refrigerate any uneaten food immediately!

Menu items are subject to change at any time

FOR YOUR HEALTH

September 2019

Falls Prevention Checklist for Your Home

What to look for:

How to fix it:

When you walk through a room, do you have to walk around furniture?	Ask someone to move the furniture so your path is clear.
Do you have throw rugs?	Remove the rugs OR use double sided tape OR use a non slip backing to avoid tripping.
Do you have papers, books, towels, shoes, magazines, boxes, blankets or other objects on the floor or stairs that cause you to lose your balance?	Keep passageways clear by removing any objects that could make you lose your balance.
Are the things you use often on high shelves?	Move items in your cabinets so they are within reach on the lower shelves or about waist level.
Do you have proper lighting in and around rooms, halls and steps?	Use a sturdy step stool to reach items. Avoid using a chair to do so.
Do you have to walk over or around wires or cords?	Have someone help you change light bulbs when needed.
Do you have to walk over or around wires or cords?	Coil or tape cords & wires next to a wall. DO NOT HAVE EXTENSION CORDS LAYING FROM ONE SIDE OF THE ROOM TO THE OTHER.
Do you have assistive devices in the bathroom?	If you have any assistive devices installed, have them measured for your height.