

**MEALS ON WHEELS OF DURHAM**  
**HOME DELIVERED MEALS - AUGUST 2018**



**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
<b>For your health and safety:</b>  <b>Refrigerate                      any uneaten food</b>		<b>1</b> BBQ Pork Riblet Brown Rice California Veggies Ambrosia Wheat Roll	<b>2</b> Meatball Stroganoff Noodles Mixed Veggies Apple Sauce Wheat Roll	<b>3</b> Western Egg Bake Hashbrown Potatoes Garlic Spinach Apple Juice Wheat Pancake
<b>6</b> Baked Ham Sweet Potatoes Green Beans Orange Roll	<b>7</b> Cheeseburger Macaroni Zucchini & Tomatoes Veggie Juice Medley	<b>8</b> Stuffed Peppers Carrots Spiced Pineapple Sliced White Bread	<b>9</b> Chicken Tenders Confetti Brown Rice Squash Casserole Mandarins	<b>10</b> Country Fried Steak Mashed Potatoes Seasoned Greens Mixed Fruit Cup
<b>13</b> Philly Cheese Steak Hoagie Bun Summer Squash Spiced Peaches	<b>14</b> Lemon Rosemary Chicken Navy Beans Carrots Pineapple Garlic Bread	<b>15</b> Cheese Ravioli Meat Sauce Broccoli Spiced Pears Wheat Roll	<b>16</b> Sweet & Sassy Meatloaf Mashed Potatoes Green Beans Fantasy Fruit Wheat Bread	<b>17</b> Chicken Parmesan Butter Noodles 5 Way Veggies Apple Juice
<b>20</b> Salisbury Steak w/ Gravy & Onions Brown Rice Pilaf Green Beans Pineapple & White Roll	<b>21</b> Chicken n Waffles Turnip Greens Spiced Apples Veggie Juice Waffle	<b>22</b> Honey Glazed Pork Chop Green Beans Harvard Beets Peaches White Roll	<b>23</b> Cheese Burger Wheat Bun Spiced Pears Broccoli	<b>24</b> BBQ Pulled Pork Sweet Potato Souffle Collard Greens Orange Hushpuppy
<b>27</b> Smoked Sausage Roasted Potatoes Summer Squash Ambrosia Wheat Roll	<b>28</b> Grilled Chicken Sandwich Bun Broccoli Spiced Peaches Wheat Bun	<b>29</b> Crab Cake w/ Lemon Sauce Ratatouille Banana	<b>30</b> BBQ Chicken Thighs Lima Beans Dill Carrots Oranges Wheat Roll	<b>31</b> Meatloaf Mashed Potatoes Green Beans Pears Sourdough Bread

**All meals include 2% milk**

*Menu items are subject to change at any time*

# FOR YOUR HEALTH

August 2018

**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).