

MEALS ON WHEELS OF DURHAM
HOME DELIVERED MEALS - August 2019



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
29 Roasted Turkey w/Gravy WG Macaroni & Cheese Green Beans Tropical Fruit Cornbread, Milk	30 BBQ Chicken Thighs Roasted Potatoes Dill Carrots Orange Wheat Roll, Milk	31 Southern Chicken & Gravy Rice Pilaf Lima Beans Banana Milk	1 Baked Sausage Ziti WG Pasta Zucchini & Tomatoes Warm Applesauce Veggie Juice Medley	2 Meatloaf Mashed Potatoes Green Beans Pears Sourdough Bread, Milk
5 Hamburger Steak w/Gravy & Onions Rice Pilaf Green Beans, Pears Sliced Bread, Milk	6 BBQ Pulled Pork Sweet Potato Souffle Creamed Spinach Orange Hush Puppy, Milk	7 Mango Chicken Rice Pilaf Peas and Carrots Apple Sauce Wheat Roll, Milk	8 Sloppy Joe Boiled Potatoes Cabbage Casserole Fruit Explosion WW Burger Bun, Milk	9 Chicken Alfredo Pasta in Alfredo Spiced Apples & Raisins Sourdough Bread Milk
12 Turkey Hot Dog Carrots Spiced Pineapple Hot Dog Bun Milk	13 Country Fried Steak Mashed Potatoes Seasoned Greens Mandarin Oranges Milk	14 Smothered Pork Chop Sweet Potatoes Zucchini Banana White Roll, Milk	15 Baked Spaghetti Noodles Mixed Veggies Warm Peaches Veggie Juice, Milk	16 Chicken Caccitore Garlicy Broccoli Spiced Pears Biscuit Milk
19 Meatball Strogonoff Noodles Mixed Veggies Applesauce Roll, Milk	20 Sweet & Sassy Meatloaf Mashed Potatoes Green Beans Fantasy Fruit Sliced Wheat Bread, Milk	21 Shrimp & Grits Broccoli Spiced Pears Cornbread Milk	22 Turkey Corn Dogs Cheesy Potatoes Summer Squash Orange Milk	23 Chicken Parmesan Butter Noodles California Veg Blend Banana Milk
26 King Ranch Chicken Corn Pudding Lemon Peas Peaches Roll, Milk	27 Turkey Tetrazini WG Noodles California Veggies Fruit Compote Garlic Roll, Milk	28 Glazed Ham Sweet Potatoes Green Beans Orange Roll, Milk	29 Lemon Rosemary Chicken Navy Beans Carrots Pineapple Garlic Bread, Milk	30 Cheeseburger Baked Beans Confetti Corn Mandarins Burger Bun, Milk

For health and safety: Refrigerate any uneaten food immediately!

Menu items are subject to change at any time

FOR YOUR HEALTH

August 2019

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).