

MEALS ON WHEELS OF DURHAM
HOME DELIVERED MEALS - DECEMBER 2017



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. If we
can leave your meal with a
neighbor, **let us know**, so
we can tell our driver.*

***If you are not home and
have not cancelled your
meal in advance, your
meal could be stopped.***

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
For your health and safety: Refrigerate any uneaten food immediately!				1 Beef-a-Roni Elbow Pasta Mixed Veggies Fruit Compote Sliced White Bread
4 Cheeseburger Baked Beans Corn Mandarins Burger Bun	5 Seafood Pasta Garlic Broccoli Spiced Peaches Wheat Bread	6 Meatloaf Mashed Potatoes Green Bean Casserole Pears Sourdough	7 Smothered Pork Chop Sweet Potatoes Zucchini Banana White Roll	8 BBQ Pulled Chicken Boiled Potatoes Cabbage Orange Hushpuppy
11 Hamburger steak w/ Gravy & Onions Rice Pilaf Green Beans Orange; Sliced Bread	12 Turkey Hot Dog Baked Beans Cabbage Peaches Hot Dog Bun	13 Chicken & Rice Casserole Carrots Sliced Wheat Milk	14 Baked Mac & Cheese Broccoli Spiced Peaches Sliced White Bread	15 Jerk Chicken Yellow Rice Garden Peas Applesauce Roll
18 BBQ Pork Riblet Rice Cabbage Ambrosia Cornbread Muffin	19 Meatball Stroganoff Noodles Mixed Veggies Applesauce Roll	20 Brunswick Stew Rice Brussels Sprouts Pineapple Wheat Roll	21 Country Fried Steak Mashed Potatoes Seasoned Greens Peaches Sliced Bread	22 Glazed Ham Sweet Potatoes Green Beans Pineapple Roll
25 Christmas Lunch Delivered 11:30 - 1:30 by Judea Reform Congregation	26 Meals on Wheels closed Shelf stable meal delivered on Dec. 20	27 Roasted Turkey Stuffing Green Beans Banana Roll	28 Chicken Alfredo Pasta Broccoli Spiced Apples Sourdough Bread	29 Beef Chili Beans in Chili Mixed Vegetables Spiced Pears Cornbread Muffin
All meals include 2% milk				

Menu items are subject to change at any time

FOR YOUR HEALTH



For Your Health

December, 2017

You Can Exercise at Home

(Check with your doctor before you begin any exercise program)



1. What you need to start:
 - a. A sturdy chair
 - b. Loose fitting clothing
 - c. Comfortable shoes with arch support
2. Begin:
 - a. Start SLOW
 - b. Stretch before any other exercises
 - c. Relaxing music is optional
3. Neck and Arms (only do if OK'd by your doctor or nurse)
 - a. Neck circles - stretch and limber the neck
 - b. Arm circles - loosen the shoulders and help with balance, blood flow and heart rate
4. Legs and feet
 - a. Leg lifts
 - b. Cross the legs alternatively, one on top, then the other.