

MEALS ON WHEELS OF DURHAM
HOME DELIVERED MEALS - FEBRUARY 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. 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
 service could be
 stopped.***

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|--|
| For your health and safety: Refrigerate any uneaten food immediately! | | | 1 Smothered Pork Chop Sweet Potatoes Zucchini Banana White Roll | 2 Chicken Alfredo Pasta Broccoli Spiced Apples & Raisins Sourdough |
| 5 Hamburger Steak w/ Gravy & Onions Rice Pilaf Green Beans Orange; Sliced Bread | 6 Turkey Hot Dog Baked Beans Cabbage Peaches Hot Dog Bun | 7 BBQ Pork Riblet Rice Cauliflower Ambrosia Cornbread Muffin | 8 Baked Mac & Cheese Broccoli Spiced Peaches Sliced Bread | 9 Sloppy Joe Roasted Potatoes Kernel Corn Pineapple Bun |
| 12 Glazed Ham Sweet Potatoes Green Beans Pineapple Roll | 13 Meatball Stroganoff Noodles Mixed Veggies Applesauce Roll | 14 Chicken Pot Pie Garlicky Broccoli Spiced Pears Biscuit | 15 Country Fried Steak Mashed Potatoes Seasoned Greens Peaches Sliced Bread | 16 BBQ Chicken Baked Beans Dill Carrots Banana Wheat Roll |
| 19 Salisbury Steak Rice California Veggies Peaches Roll | 20 Seafood Pasta Garlicky Broccoli Spiced Peaches Wheat Bread | 21 Chicken Corn Chowder Potatoes in Chowder Brussels Sprouts Spiced Pears Cornbread | 22 Sweet & Sassy Meatloaf Mashed Potatoes Green Beans Fantasy Fruit Sliced Wheat | 23 Beef A Roni Elbow Pasta Mixed Veggies Fruit Compote Roll |
| 26 Chicken Parmesan California Veggies Spiced Apples Garlic Bread | 27 Baked Spaghetti Mixed Veggies Warm Peaches White Roll | 28 Lemon Rosemary Chicken Rice Pilaf Carrots Orange Garlic Bread | <i>Do you have a doctor's appointment this month? Call us <u>today</u> to let us know when you won't be home!</i> | |
| All meals include 2% milk | | | | |

Menu items are subject to change at any time

FOR YOUR HEALTH

February 2018

Topic: Vegetables and Fruits



1. Eat a Variety of Fruits and Vegetables Every Day!

- Fruits and Vegetables are critical to promoting good health.
- Fruits and vegetables offer important vitamins and minerals that keep your body healthy.



2. The Colors of Health

- Fruits and vegetables come in terrific colors and flavors, but the real beauty lies in what's inside.
- Eating fruits and vegetables of different colors gives your body a wide range of nutrients (fiber, folate, potassium and vitamins A and C).
- Try some of these today: green spinach, yellow corn, purple plums, red watermelon and white onions!!



3. Fruits and Vegetables on the Go

- Benefit from food that nutritious, yet easy to eat-on-the-go, like fresh fruits and vegetables.
- Fruits and vegetables are a natural source of energy and give the body many nutrients needed to keep you going.