

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.