

**MEALS ON WHEELS OF DURHAM**  
HOME DELIVERED MEALS - FEBRUARY 2019



**MEALS ON WHEELS**  
DURHAM

**919-667-9424**

**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
Remember: Please call us to cancel meals no later than noon, one business day in advance if you have any doctor's appointments. If you are not home and have not cancelled your meal in advance, your service could be stopped.				<b>1</b> Chicken n Gravy Black Eyed Peas Garlic Spinach Orange
<b>4</b> Honey Glazed Pork Chop Harvard Beets Cauliflower w/ Cheese Peaches Wheat Roll	<b>5</b> Cheese Ravioli w/ meat sauce Broccoli Spiced Pears Whole Wheat Roll	<b>6</b> Cheese Burger w/ Whole Wheat Bun Garden Peas Fruit Compote	<b>7</b> Chicken Parmesan Butter Noodle 5 Way Veggies Apple Juice	<b>8</b> Country Fried Steak Mashed Potatoes Seasoned Greens Fruit Explosion
<b>11</b> Turkey Chili w/ Beans Broccoli Spiced Peaches Corn Bread	<b>12</b> Lemon Rosemary Chicken Navy Beans Carrots Pineapple Garlic Bread	<b>13</b> Baked Sausage Ziti Zucchini & Tomatoes Warm Apple Sauce Veggie Juice Medley	<b>14</b> Sweet & Sassy Meatloaf Mashed Potatoes Collard Greens Banana Sliced Wheat Bread	<b>15</b> Chicken Stir-Fry w/ Veggies Brown Rice Mango Tango Wheat Roll
<b>18</b> Salisbury Steak w/ Gravy and Onions Brown Rice Pilaf Carrots Pineapple, and roll	<b>19</b> Roasted Turkey w/ Gravy Mac n Cheese Green Beans Tropical Fruit Corn Bread	<b>20</b> Chicken and Waffles Veggie Juice Turnip Greens Spiced Apples	<b>21</b> BBQ Pulled Pork Sweet Potato Souffle Stewed Cabbage Orange Hushpuppy	<b>22</b> Mango Chicken Rice Pilaf Peas & Carrots Pears Wheat Roll
<b>25</b> Chicken n Dumplings Sauteed Spinach Fruit Compote Veggie Juice	<b>26</b> Sloppy Joe w/ Whole Wheat Bun Boiled Potatoes Cabbage Fruit Explosion	<b>27</b> Turkey Hot Dog w/ Whole Grain Bun Carrots Spiced Pineapple Veggie Juice Medley	<b>28</b> BBQ Chicken Thighs Squash Casserole Dill Carrots Orange Wheat Roll	<b>All Meals Include 2% Milk</b>
<b>For health and safety: Refrigerate any uneaten food immediately!</b>				

*Menu items are subject to change at any time*

# FOR YOUR HEALTH

February 2019

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.