

MEALS ON WHEELS OF DURHAM
HOME DELIVERED MEALS - JANUARY 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
 meal could be stopped.***

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Meals on Wheels CLOSED Shelf-stable meal delivered on Dec. 27	2 Turkey Hot Dog Baked Beans Cabbage Peaches Hot Dog Bun	3 BBQ Pork Riblet Rice Cabbage Ambrosia Cornbread Muffin	4 Baked Mac & Cheese Broccoli Tropical Fruit Cup Sliced White Bread	5 Sloppy Joe Sweet Potatoes Green Beans Pineapple Roll
8 Glazed Ham Sweet Potatoes Green Beans Pineapple Roll	9 Meatball Stroganoff Noodles Mixed Veggies Applesauce Roll	10 Chicken Pot Pie Garlicky Broccoli Spiced Pears Biscuit	11 Country Fried Steak Mashed Potatoes Seasoned Greens Peaches Sliced Bread	12 BBQ Chicken Baked Beans Dill Carrots Banana Wheat Roll
15 Meals on Wheels CLOSED Shelf-stable meal delivered on Jan. 10	16 Seafood Pasta Garlicky Broccoli Spiced Peaches Wheat Bread	17 Brunswick Stew Rice Brussels Sprouts Fantasy Fruit Wheat Roll	18 Sweet & Sassy Meatloaf Mashed Potatoes Green Beans Fantasy Fruit Sliced Wheat	19 Beef A Roni Elbow Pasta Mixed Veggies Fruit Compote Roll
22 Chicken Filet Sandwich California Veggies Spiced Apples Burger Bun	23 Baked Spaghetti Mixed Veggies Warm Peaches White Roll	24 Lemon Rosemary Chicken Rice Pilaf Carrots Orange Garlic Bread	25 Beef Chili Mixed Veggies Spiced Pears Cornbread Muffin	26 BBQ Pulled Chicken Boiled Potatoes Cabbage Orange Hushpuppy
29 Cheeseburger Baked Beans Corn Mandarins Burger Bun	30 Southern Chicken & Gravy Rice Pilaf Lima Beans Pineapple Roll	31 Meatloaf Mashed Potatoes Green Bean Casserole Pears Sourdough	For your health and safety: Refrigerate any uneaten food immediately!	

All meals include 2% milk

Menu items are subject to change at any time

FOR YOUR HEALTH

January 2018

Topic: Food Temperatures and Storage

Refrigerate all food that you do not eat immediately!!



1. The "Danger Zone"

- Bacteria grow most rapidly in the range of temperatures between 40 and 140 degrees.
- Never leave food out of refrigerator more than 2 hours.



2. Storing Leftovers

- One of the most common causes of foodborne illness is improper cooling and storage of cooked foods.
- Put all leftover foods in shallow containers for quick cooling and refrigerate within 2 hours.



3. Reheating

- Reheat foods thoroughly to an internal temperature of 165 degrees or until hot and steaming.
- When using microwave, cover food and rotate so that it heats evenly.
- After heating food to correct temperature, let it stand for at least two minutes.