

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

**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.