

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



**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
<b>All Meals Include                      2% Milk</b>	<b>1</b> <u>MOW Office Closed</u> A shelf-stable meal will be delivered in advance for this day.	<b>2</b> Crab Cake w/ Lemon Sauce Corn Ratatouille Banana Veggie Juice	<b>3</b> BBQ Chicken Thighs Lima Beans Dill Carrots Oranges Whole Wheat Roll	<b>4</b> Meatloaf Mashed Potatoes Green Beans Pears Sourdough Bread
	<b>7</b> Baked Spaghetti Mixed Vegetables Warm Peaches Veggie Juice Medley	<b>8</b> Turkey Hot Dog Carrots Spice Pineapple Whole Grain Bun	<b>9</b> BBQ Pork Riblet Brown Rice California Veggies Ambrosia Whole Wheat Roll	<b>10</b> Meatball Stroganoff Noodles Italian Mixed Veggies Apple Sauce Whole Wheat Roll
<b>14</b> Honey Glazed Pork Chop Green Beans Harvard Beets Peaches Wheat Roll	<b>15</b> Cheese Ravioli w/ Meat Sauce Broccoli Spiced Pears Whole Wheat Roll	<b>16</b> Stuffed Peppers Carrots Spiced Pineapple Sliced White Bread	<b>17</b> Chicken Parmesan Butter Noodles 5-Way Veggies Apple Juice	<b>18</b> Country Fried Steak Mashed Potatoes Seasoned Greens Mixed Fruit Cup
<b>21</b> <u>MOW Office Closed</u> <u>Martin Luther King Day</u> A shelf-stable meal will be delivered in advance for this day.	<b>22</b> Lemon Rosemary Chicken Navy Beans Carrots Pineapple Garlic Bread	<b>23</b> Cheeseburger Mac Zucchini & Tomatoes Warm Apple Sauce Veggie Juice Medley	<b>24</b> Sweet & Sassy Meatloaf Mashed Potatoes Collard Greens Banana Sliced Wheat Bread	<b>25</b> Baked Ham Sweet Potatoes Green Beans Ambrosia Roll
<b>28</b> Salisbury Steak w/ Gravy, Onions & Rice Pilaf Carrots Pineapple White Roll	<b>29</b> Chicken 'n' Waffles Veggie Juice Turnip Greens Spiced Apples	<b>30</b> Roast Turkey w/ Gravy Mac 'n' Cheese Green Beans Ambrosia Corn Bread	<b>31</b> Cheese Burger Broccoli Spiced Pears Whole Wheat Bun	<b>All Meals Include                      2% Milk</b>

**For health and safety: Refrigerate any uneaten food immediately!**

*Menu items are subject to change at any time*

# FOR YOUR HEALTH

January 2019

## Food Temperatures and Storage

1. The “Danger Zone”
  - Bacteria grow most rapidly in the temperature range between 40 and 140 degrees.
  - Never leave food out of a refrigerator for more than 2 hours.
2. Storing Leftovers
  - One of the most common causes of foodborne illness is the improper cooling and storage of cooked foods.
  - Put all leftover foods in a shallow container for quick cooling and refrigerate within 2 hours.
3. Reheating Food
  - Reheat foods thoroughly to an internal temperature of 165 degrees or until hot and steaming.
  - When using a microwave, cover food and rotate so that it heats evenly.
  - After heating food to the correct temperature, let it stand for at least two minutes.

**REFRIGERATE ALL FOOD**

**THAT YOU DO NOT EAT IMMEDIATELY!**