

**MEALS ON WHEELS OF DURHAM**  
**HOME DELIVERED MEALS - July 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>1</b> Hamburger Steak w/ Gravy and Onions Rice Pilaf Pears Sliced Bread, Milk	<b>2</b> BBQ Pulled Pork Sweet Potato Souffle Creamed Spinach Orange Hush Puppy, Milk	<b>3</b> Mango Chicken Rice Pilaf Peas and Carrots Apple Sauce Wheat Roll, Milk	<b>4</b> Meals on Wheels CLOSED for July 4th holiday. A shelf stable meal was sent in advance for this day.	<b>5</b>
<b>8</b> Turkey Hot Dog Carrots Spiced Pineapple Hot Dog Bun Milk	<b>9</b> Country Fried Steak Mashed Potatoes Seasoned Greens Mandarin Oranges Milk	<b>10</b> Smothered Pork Chop Sweet Potatoes Zucchini Banana White Roll, Milk	<b>11</b> Baked Spaghetti Mixed Veggies Warm Peaches Veggie Juice Milk	<b>12</b> Chicken Caccitore Garlicy Broccoli Spiced Pears Biscuit Milk
<b>15</b> Meatball Strogonoff Mixed Veggies Apple Sauce Roll Milk	<b>16</b> Sweet and Sassy Meatloaf Mashed Potatoes Green Beans Fantasy Fruit Sliced Wheat Bread, Milk	<b>17</b> Shrimp and Grits Broccoli Spiced Pears Cornbread Milk	<b>18</b> Turkey Corn Dogs Cheesy Potatoes Summer Squash Orange Milk	<b>19</b> Chicken Parmesan Butter Noodles California Veggie Blend Banana Milk
<b>22</b> King Ranch Chicken Corn Pudding Lemon Peas Peaches Roll, Milk	<b>23</b> Turkey Tetrazini California Veggies Fruit Compote Garlic Roll Milk	<b>24</b> Glazed Ham Sweet Potatoes Green Beans Orange Roll, Milk	<b>25</b> Lemon Rosemary Chicken Navy Beans Carrots Pineapple Garlic Bread, Milk	<b>26</b> Cheese Burger Baked Beans Confetti Corn Mandarins Bun, Milk
<b>29</b> Roasted Turkey w/ Gravy Mac n Cheese Green Beans Tropical Fruit Corn Bread, Milk	<b>30</b> BBQ Chicken Thighs Roasted Potatoes Dill Carrots Oranges Wheat Roll, Milk	<b>31</b> Southern Chicken & Gravy Rice Pilaf Lima Beans Banana Milk		

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


*Menu items are subject to change at any time*

# For Your Health

July 2019



## Tips on Communicating with your Doctor or Nurse

1. Prepare a list of your questions and/or concerns.
2. Make and take a list of all your medications, including all over the counter medicines. 
3. Sometimes we have to talk about sensitive topics to our health care professionals, write them down and practice saying them out loud.
4. Be honest about your diet, physical activity, smoking, alcohol or drug use, and sex history.

Here is a sample of what you need to take with you....

Symptoms	Medications	Sensitive Topics	Recommendations
			By doctor