

MEALS ON WHEELS OF DURHAM
HOME DELIVERED MEALS - MARCH 2019



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
All Meals Include 2% Milk	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.			1 Meatloaf Mashed Potatoes Green Beans Pears Sourdough Bread
4 Baked Spaghetti Mixed Veggies Warm Peaches Veggie Juice Medley	5 Crab Cake w/ Lemon Sauce Corn Ratatouille Banana	6 BBQ Pork Rib Sandwich w/ Pickles and Cheddar California Veggies Spiced Apple	7 Stuffed Peppers Carrots Spiced Pineapple Sliced Bread	8 Southern Chicken n Gravy Black Eyed Peas Garlic Spinach Orange
11 Honey Glazed Pork Chop Harvard Beets Cauliflower w/ Cheese Peaches Wheat Roll	12 Cheese Ravioli w/ Meat Sauce Broccoli Spiced Pears Whole Wheat Roll	13 Cheese Burger w/ Whole Wheat Bun Garden Peas Fruit Compote	14 Chicken Parmesan Butter Noodle 5 Way Veggies Apple Juice	15 Country Fried Steak Mashed Potatoes Seasoned Greens Fruit Explosion
18 Turkey Chili w/ Beans Broccoli Spiced Peaches Corn Bread	19 Lemon Rosemary Chicken Navy Beans Carrots Pineapple Garlic Bread	20 Baked Sausage Ziti Zucchini & Tomatoes Warm Apple Sauce Veggie Juice Medley	21 Sweet & Sassy Meatloaf Mashed Potatoes Collard Greens Banana Sliced Wheat Bread	22 Chicken Stir-Fry w/ Veggies Brown Rice Mango Tango Wheat Roll
25 Salisbury Steak w/ Gravy and Onions Brown Rice Pilaf Carrots Pineapple, and Roll	26 Roasted Turkey w/ Gravy Mac n Cheese Green Beans Tropical Fruit Corn Bread	27 Chicken and Waffles Veggie Juice Turnip Greens Spiced Apples	28 BBQ Pulled Pork Sweet Potato Souffle Stewed Cabbage Orange Hushpuppy	29 Mango Chicken Rice Pilaf Peas & Carrots Pears Wheat Roll

For health and safety: Refrigerate any uneaten food immediately!




Menu items are subject to change at any time

FOR YOUR HEALTH

March 2019



Topic: Medication Management

1. Ask your doctor or health care provider important questions.
 - Why is this medication being prescribed?
 - When and how do I take this medication?
 - Do I take it with food or on an empty stomach?
 - Can it be taken with dairy products?
 - Do I take it at bedtime?
 - What do I do if I miss a dosage?
 - Ask all the questions you have until you are comfortable with taking your medications.
2. Use the same pharmacy for all your prescriptions. 
 - Most pharmacies have systems that alert pharmacist of possible drug interactions with your medications.
 - Your pharmacist can make labels with large print if you have trouble seeing instructions.
3. Storing medications. 
 - Do not place more than one medication in a single container.
 - Clearly label all storage containers with appropriate name of medication.
 - Do not take any medications beyond its expiration date.
4. Sharing medications. 
 - Do not give or share your medications with anyone.
 - Do not take medications from anyone.