

MEALS ON WHEELS OF DURHAM
HOME DELIVERED MEALS - OCTOBER 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.*

*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
1 Smoked Sausage Roasted Potatoes Summer Squash Ambrosia Whole Wheat Roll	2 Grilled Chicken Sandwich Whole Wheat Bun Broccoli Spiced Peaches	3 Crab Cake w/ Lemon Corn Ratatouille Banana	4 BBQ Chicken Thighs Lima Beans Dill Carrots Oranges Wheat Roll	5 Meatloaf Mashed Potatoes Green Beans Pears Sourdough Bread
8 Baked Spaghetti Whole Grain Noodles Mixed Veggies Warm Peaches Veggie Juice Medley	9 Turkey Hot Dog Whole Wheat Bun Carrots Spiced Pineapple	10 BBQ Pork Riblet Brown Rice California Veggies Ambrosia Whole Wheat Roll	11 Meatball Stroganoff Noodles Mixed Veggies Apple Sauce Whole Wheat Roll	12 Western Egg Bake Hashbrown Potatoes Garlic Spinach Apple Juice Wheat Pancake
15 Baked Ham Sweet Potatoes Green Beans Orange Roll	16 Cheeseburger Macaroni Zucchini & Tomatoes Veggie Juice Medley Apple Sauce	17 Stuffed Peppers Carrots Spiced Pineapple Sliced White Bread	18 Chicken Tenders Confetti Brown Rice Squash Casserole Mandarins	19 Country Fried Steak Mashed Potatoes Seasoned Greens Mixed Fruit Cup
22 Philly Cheese Steak Hoagie Bun Summer Squash Spiced Peaches	23 Lemon Rosemary Chicken Navy Beans Carrots Pineapple Garlic Bread	24 Cheese Ravioli Meat Sauce Broccoli Spiced Pears Whole Wheat Roll	25 Sweet & Sassy Meatloaf Mashed Potatoes Green Beans Fantasy Fruit Wheat Bread	26 Chicken Parmesan Butter Noodles 5 Way Veggies Apple Juice
29 Salisbury Steak w/ Gravy & Onions Brown Rice Pilaf Green Beans Pineapple & White Roll	30 Chicken 'n' Waffles Turnip Greens Spiced Apples Veggie Juice	31 Honey Glazed Pork Chop Green Beans Harvard Beets Peaches White Roll	For 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

October 2018



Depression affects more than 6.5 million of the 35 million Americans aged 65 years or older.

Signs and Symptoms of Depression

Difficulty focusing on completing tasks	Not eating well or losing weight
Stop doing the activities you have enjoyed doing	Irritable
No longer feel like seeing friends or talking to them on the phone	Not sleeping well
Feelings of sadness	Not wanting to get out of bed

What to Do?



- ✓ Talk to your doctor about your symptoms; sometimes they will order medication or suggested other treatment
- ✓ Talk to your trusted clergyman, rabbi or spiritual leader
 - ✓ Seek professional help if needed
 - ✓ Tell someone