

Website:
mowrowan.org

MENU *and* MORE

Phone:
(704) 633-0352

APRIL IS VOLUNTEER APPRECIATION MONTH!

As a participant, you are receiving the blessing of nourishing food and the time of a caring volunteer. Be sure to say Thank you!



Please Remember!

1. Volunteers give their time, their gasoline, and their energy to deliver meals.
2. Volunteers do not cook the food or plan the menu, so be kind if they deliver a meal that doesn't contain your favorite foods.
3. The delivery window for meals is from 10:30 am-12:30 pm. Meals are not late until after 12:30 pm.
4. Please be at home to receive your meal or call ahead to cancel. If our volunteers do not see you or your caregiver, they will not deliver a meal.

The 2022 Primary Election is May 17th! You May Still Vote Even if You're homebound!

- Early Voting is April 28th - May 14th.
- Be on the lookout for more information and your Absentee Ballot Request Form.
- Absentee Ballot Request forms must be submitted to the Board of Elections by May 10th.
- Absentee Ballots must be returned to the Board of Elections by 5pm on Primary Election Day, May 17th.



**Our Office is CLOSED April 15th for GOOD FRIDAY
No Meal Delivery on that day.**





April 2022 Menu

Mon	Tue	Wed	Thu	Fri
<p><u>Meat Substitute Meal</u> Hamburger Patty Green Beans Cabbage Cornbread Fruit Congealed Salad</p>	<p><u>Veggie Substitute Meal</u> Pinto Beans Green Beans Cabbage Cornbread Fruit Congealed Salad</p>	<p>*You may choose a Meat or Veggie Substitute Meal in place of a meal on any given day. You must call our office at 704-633-0352 by noon on the day before you want a substitution</p>	<p>*MENU IS SUBJECT TO CHANGE WITHOUT NOTICE</p>	<p>1 Mac & Cheese w/ Ham Black Beans Green Beans Cornbread Marinated Vegetable Salad Fruit</p>
<p>4 Veal Parmesan Spinach Corn Fruit Fruit Gelatin Vanilla Wafers</p>	<p>5 Chicken & Biscuit Pan Pie Cabbage Green Beans Fruit Fruit Gelatin Vanilla Wafers</p>	<p>6 Hamburger Patty Oven Roasted Potatoes Baked Beans Bun / Ketchup / Mustard Coleslaw Fruit</p>	<p>7 Salmon Patty Broccoli Corn Macaroni Salad Fruit Gelatin Fruit</p>	<p>8 Red Beans & Yellow Rice Sautéed Mushrooms Blueberry Crisp Broccoli & Cauliflower Salad Pineapple Delight Fruit</p>
<p>11 Smothered Hamburger Patty Turnip Greens Mashed Potatoes Three Bean Salad Watergate Salad Vanilla Pudding</p>	<p>12 Sloppy Joe Squash & Zucchini Ranch Potatoes Bun Sweet & Sour Coleslaw Fruit</p>	<p>13 Chicken Parmesan Parsley Potatoes Spinach Garden Ranch Pasta Salad Mandarin Oranges Fruit</p>	<p>14 Beef Stroganoff over Noodles Squash Medley Baked Apples w/ Raisins Carrot Raisin Salad Fruit Cookie</p>	<p>15 CLOSED For GOOD FRIDAY No Meal Delivery</p>
<p>18 Grilled Chicken Breast Green Beans Broccoli Marinated Tomatoes Fruit Vanilla Cake Square</p>	<p>19 Ham & Cheese Omelet Diced Potatoes Stewed Tomatoes Biscuit / Jelly Fruit Salad Fruit</p>	<p>20 Pinto Beans Collard Greens Mac & Cheese Corn Bread Muffin Beet Salad Fruit</p>	<p>21 Pulled Pork BBQ Baked Beans Peach Cobbler Bun Coleslaw Fruit</p>	<p>22 Chicken Fettuccini Alfredo Spinach Carrots Glazed Strawberry Banana Salad Fruit Brownie</p>
<p>25 Smothered Veal Mashed Potatoes Carrots Italian Pasta Salad Fruit Fruit</p>	<p>26 Baked Spaghetti Green Peas Diced Potatoes Broccoli & Cauliflower Salad Mandarin Oranges Fruit</p>	<p>27 Sliced Ham w/ Glaze Black-Eyed Peas Warm Potato Salad Roll Fruit Vanilla Pudding</p>	<p>28 Chicken Stir-Fry w/ Red & Green Peppers Yellow Rice Hot Cinnamon Peaches Tropical Fruit Salad Fruit Gelatin Cookie</p>	<p>29 Pork Loin w/ Glaze Dill Potatoes Steamed Cabbage Black Bean Salad Cucumber Salad Fruit</p>