

Website:
mowrowan.org

MENU *and* MORE

Phone:
(704) 633-0352

ANNUAL MEAL SURVEY RESULTS

Thank you for your responses to the Annual Meal Survey. This year we had a 64% return rate compared to only 56% last year! Overall, participants are satisfied with the food, ninety-nine percent of you rated the food average or above average in appearance, taste, and overall quality. There are areas where we can improve. We are working with our food supplier to improve the quality of rolls and we have addressed your concerns about the toughness of some of the pork items.



Thank you all for your comments and feedback. As always, feel free to give feedback at any time; we are always looking for ways we can better serve our participants!

INCLEMENT WINTER WEATHER POLICY

In the event of inclement winter weather, Meals on Wheels will determine delivery schedules.



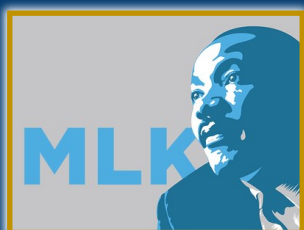
We **DO NOT** follow the schedule for the Rowan/Salisbury Schools for closings or delays.



We will post closure or delay information on our Website, Facebook, and Twitter pages and on local TV & Radio Stations.



For questions, call the Meals on Wheels office at 704-633-0352.




We will be **CLOSED**
Monday, January 17th
For Martin Luther
King, Jr. Day

The **Over the Counter Medicines** you ordered in December will be delivered to you with your meal delivery **starting the week of January 10th.**





January 2022 Menu

Mon	Tue	Wed	Thu	Fri
3 Beef Stroganoff w/ Egg Noodles Green Beans Glazed Carrots Beet Salad Mandarin Oranges Cookie	4 Chicken Breast w/ Herb Sauce Roasted Potatoes Ratatouille Black Bean Salad Fruit Tropical Fruit Salad	5 Baked Macaroni & Cheese Navy Beans Collard Greens Cornbread Muffin Fruit Brownie	6 Meatloaf Mashed Potatoes w/ Gravy Broccoli Roll Fruit Gelatin Waldorf Salad	7 Turkey Tetrazzini Carrots Green Beans Roll Marinated Tomato Salad Fruit
10 Beef Stew Carrots Green Beans Cucumber Salad Cornbread Fruit	11 Chicken & Dumplings Black-Eyed Peas Turnip Greens Coleslaw Waldorf Salad Fruit	12 Shepherd's Pie Stewed Tomatoes Steamed Broccoli Copper Pennies Fruit Brownie	13 Country Style Steak w/ Gravy Cheesy Potatoes Spinach Roll Tomato & Cucumber Salad Fruit	14 Sliced Ham w/ Glaze Broccoli Casserole Sweet Potatoes Cornbread Muffin Watergate Salad Fruit
17 CLOSED Martin Luther King, Jr. Day 	18 Grilled Chicken Breast w/ Herb Sauce Lima Beans Cauliflower w/ Cheese Roll Marinated Tomato Salad Fruit	19 Beef & Chili Beans Collard Greens Corn Cornbread Muffin Sour Cream / Shredded Cheese Banana Pudding	20 Hamburger Patty Oven Roasted Potatoes Baked Beans Hamburger Bun Coleslaw Fruit	21 Chicken & Noodle Casserole Broccoli Carrots Fruit Fruit Gelatin Cake Square
24 Sliced Ham w/ Glaze Cabbage Warm Potato Salad Mandarin Oranges Fruit Gelatin Cookie	25 Pork Stew Lima Beans Cinnamon Peaches Broccoli Cauliflower Salad Fruit Vanilla Cake Square	26 Mac & Cheese w/ Ham Black Beans Green Peas Marinated Vegetable Salad Mixed Fruit Brownie	27 Stir-Fried Chicken over Rice Steamed Broccoli Sweet Potatoes Roll Sweet & Sour Slaw Fruit	28 Baked Fish w/ Herb Sauce (Over Rice Pilaf) Green Beans Stewed Tomatoes Tartar Sauce Coleslaw Fruit
31 Chicken Parmesan Spinach Roasted Potatoes Vegetable Salad Fruit Gelatin Peaches	<div style="border: 2px solid black; background-color: #f0e68c; padding: 10px; text-align: center;"> <p>*MENU IS SUBJECT TO CHANGE WITHOUT NOTICE</p> </div>	<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>	Meat Substitute Meal Grilled Chicken Breast Broccoli Yellow Squash Cornbread Congealed Salad Fruit	Veggie Substitute Meal Great Northern Beans Broccoli Yellow Squash Cornbread Congealed Salad Fruit