

Website:
mowrowan.org

MENU *and* MORE

Phone:
(704) 633-0352

Our Office is CLOSED
Monday, July 4th
for INDEPENDENCE DAY
No Meal Delivery on that day.



Do you have an appointment between 9 am and 1 pm?

If so, Call US!!! As soon as you schedule any appointment for Monday-Friday between 9 am and 1 pm, call and cancel your meal for that date. Feel free to call at any time during the month to alert us of future appointments. To cancel your meal, call before noon on the previous business day. **Call 704-633-0352.**



Do you want your meal delivered to your home?

1. Stay at home between 10:30 and 12:30 each weekday.
2. Listen for the volunteers to knock or ring your doorbell.
3. Do not go take a shower, a bath, a nap or take care of personal care tasks until your meal is delivered
4. If you have difficulty hearing, open your door or ask your family to get you a doorbell with a flashing light. (\$15-\$25 on Amazon)
5. Sit on your porch, enjoy the day and greet your volunteers.

Are you waiting to enjoy a locally grown tomato sandwich?

In July, the NC Senior Nutrition program provides Farmers Market vouchers to seniors that meet low to moderate-income requirements. Because we serve homebound seniors, we can purchase local produce on your behalf and send it to you with your meals.




In the next two weeks, you will receive two forms to complete, sign, and return to Meals on Wheels in a stamped self-addressed envelope. We plan to start sending locally grown fresh produce to you in late July.

If you don't wish to receive any produce, you may choose to sign and return your forms and donate your produce to our other Meals on Wheels participants.



July 2022 Menu

Mon	Tue	Wed	Thu	Fri
Meat Substitute Meal Grilled Chicken Breast Broccoli Yellow Squash Roll Fruit Gelatin Seasonal Fruit	Veggie Substitute Meal Great Northern Beans Broccoli Yellow Squash Roll Fruit Gelatin Seasonal Fruit		*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	All-Beef Hotdog Baked Beans Fried Okra Hotdog Bun / Mustard / Ketchup Potato Salad Seedless Watermelon
4 CLOSED 	5 Chicken Filet Sandwich Diced Potatoes Green Peas Bun / Mayo Packet Shredded Lettuce/Tomato Slice Seasonal Fruit	6 Ham Salad Macaroni Salad Three Bean Salad Crackers Sliced Tomatoes Seasonal Fruit	7 Pulled Pork BBQ Baked Beans Collard Greens Bun Sweet & Sour Coleslaw Seasonal Fruit	8 Chicken Fettuccini Alfredo Spinach Carrots Orange Slices Seasonal Fruit Brownie
11 Mac & Cheese w/ Ham Green Beans Apple Cobbler Cornbread Broccoli Cauliflower Salad Seasonal Fruit	12 Beef Stroganoff over Noodles Squash Medley Cinnamon Peaches Carrot Raisin Salad Seasonal Fruit Cookie	13 Sliced Ham w/ Glaze Black-Eyed Peas Warm Potato Salad Roll Fruit Vanilla Pudding	14 Chicken Stir-Fry w/ Red & Green Peppers Yellow Rice Broccoli Tropical Fruit Salad Fruit Gelatin Cookie	15 Pork Loin w/ Glaze Dill Potatoes Steamed Cabbage Black Bean Salad Cucumber Salad Fruit
18 Grilled Chicken Breast Green Beans Cheesy Potatoes Marinated Tomatoes Seasonal Fruit Vanilla Cake Square	19 Ham & Cheese Scramble Diced Potatoes Stewed Tomatoes Biscuit / Jelly Fruit Salad Seasonal Fruit	20 Pinto Beans Collard Greens Mac & Cheese Corn Bread Muffin Beet Salad Seasonal Fruit	21 Hamburger Patty Oven Roasted Potatoes Baked Beans Bun / Ketchup / Mustard Coleslaw Fruit	22 Stuffed Green Peppers w/ Red Sauce Lima Beans Carrots Broccoli Cauliflower Salad Pasta Salad Seasonal Fruit
25 Smothered Veal Mashed Potatoes Carrots Roll Italian Pasta Salad Seasonal Fruit	26 Baked Spaghetti Green Peas Fried Okra Broccoli & Cauliflower Salad Seasonal Fruit Fruit Gelatin	27 Cuban Chicken Corn Green Beans Roll Beet Salad Yellow Cake	28 Chicken Salad Tomato & Cucumber Salad Macaroni Salad Peaches Cottage Cheese Saltine Crackers	29 Sloppy Joe Potato Cake Steamed Cabbage Bun Coleslaw Seasonal Fruit