

Website:  
mowrowan.org

# MENU *and* MORE

Phone:  
(704) 633-0352

## Coming Soon! Medically Tailored Meals

- Thanks to all of you who returned our most recent survey regarding diabetic, low sodium, and renal diet meals. Over 65% of our participants responded, and seventy of you indicated your interest in “medically tailored meals.”
- Generally, low sodium meals are between 600-800 mg of sodium. This range is 500 mg less than our regular meals and may mean that one menu item is changed or deleted each day.
- Meals for individuals with diabetes will contain carefully measured carbohydrates which may also mean changing or deleting one menu item.
- Our Care Coordinators will reach out to everyone who indicated their interest in Medically Tailored Meals to ask for your confirmation before we begin delivery in late summer.



## Staying Safe & Hydrated in Extreme Heat

### Staying hydrated in hot weather:

- Aim for 6-8 servings of 8 oz. of fluid per day or more during hot weather.
- Drink water, milk, juice, decaffeinated tea or coffee, and soups.
- Eat fruits & vegetables high in water content, such as cucumbers, tomatoes, watermelon, cantaloupe, etc.

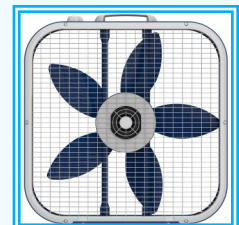
### Signs of dehydration:

- Headache or light-headedness
- Weakness
- Confusion
- Urinating less often or having dark yellow/brown urine
- Fatigue

Extreme heat can be especially dangerous for older adults and those with chronic conditions. Be sure to stay hydrated. Relax in an air conditioned location when possible, avoid strenuous activities, and wear light clothing.



**Be on the lookout for information on how to receive a FREE BOX FAN.**



# June 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>1 Sliced Ham w/ Glaze Black-Eyed Peas Warm Potato Salad Roll Fruit Vanilla Pudding</p>	<p>2 Chicken Stir-Fry w/ Red &amp; Green Peppers Yellow Rice Hot Cinnamon Peaches Tropical Fruit Salad Fruit Gelatin Cookie</p>	<p>3 Pork Loin w/ Glaze Dill Potatoes Steamed Cabbage Black Bean Salad Cucumber Salad Fruit</p>
<p>6 Grilled Chicken Breast Green Beans Cheesy Potatoes Marinated Tomatoes Seasonal Fruit Vanilla Cake Square</p>	<p>7 Ham &amp; Cheese Scramble Diced Potatoes Stewed Tomatoes Biscuit / Jelly Fruit Salad Seasonal Fruit</p>	<p>8 Pinto Beans Collard Greens Mac &amp; Cheese Corn Bread Muffin Beet Salad Seasonal Fruit</p>	<p>9 Pulled Pork BBQ Baked Beans Peach Cobbler Bun Red Slaw Fruit Salad</p>	<p>10 Stuffed Green Peppers w/ Red Sauce Lima Beans Carrots Broccoli Cauliflower Salad Pasta Salad Seasonal Fruit</p>
<p>13 Smothered Veal Mashed Potatoes Carrots Roll Italian Pasta Salad Seasonal Fruit</p>	<p>14 Baked Spaghetti Green Peas Fried Okra Broccoli &amp; Cauliflower Salad Seasonal Fruit Fruit Gelatin</p>	<p>15 Cuban Chicken Corn Green Beans Roll Beet Salad Yellow Cake</p>	<p>16 Chicken Salad Tomato &amp; Cucumber Salad Macaroni Salad Peaches Cottage Cheese Saltine Crackers</p>	<p>17 Sloppy Joe Potato Cake Steamed Cabbage Bun Coleslaw Seasonal Fruit</p>
<p>20 Sweet &amp; Sour Chicken over Yellow Rice Collard Greens Carrots Watergate Salad Seasonal Fruit Chocolate Cake</p>	<p>21 Fish w/ Red Sauce over Rice Yellow Squash Spinach Pickled Beets Seasonal Fruit Yellow Cake Square</p>	<p>22 Chicken w/ Mornay Sauce Oven Browned Potatoes Green Peas Roll Seasonal Fruit Tropical Fruit Whip</p>	<p>23 Beef Stroganoff Cauliflower w/ Cheese Sauce Carrots Applesauce Seasonal Fruit Brownie</p>	<p>24 Meatloaf w/ Gravy Mashed Potatoes Broccoli Wheat Roll Seasonal Fruit Waldorf Salad</p>
<p>27 Chicken &amp; Ranch Casserole Corn Fried Okra Roll Broccoli Salad Macaroni Salad</p>	<p>28 Chicken Filet Sandwich Diced Potatoes Green Peas Bun / Mayo Packet Shredded Lettuce/Tomato Slice Seasonal Fruit</p>	<p>29 Cheesy Beef &amp; Mac Casserole Green Beans Cabbage Shredded Lettuce Salad Seasonal Fruit Fruit Gelatin</p>	<p>30 Chicken Fettuccini Alfredo Spinach Carrots Orange Slices Seasonal Fruit Brownie</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>