

Website:
mowrowan.org

MENU *and* MORE

Phone:
(704) 633-0352

The Fruits of the Season!

We will soon begin delivering seasonal fruits and vegetables to you in addition to your daily meals. Throughout the Spring and Summer, we partner with local organizations, local Farms, and our Farmer's Market to provide fresh fruits and vegetables to our participants.



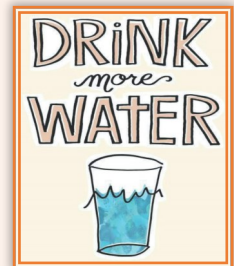
You will also begin seeing more fresh fruits in your daily meals. Meals on Wheels Rowan is committed to meeting the Required Dietary Allowance Guidelines for Senior Meals, which includes a variety of fresh fruits and vegetables and healthy portion sizes.



We do not regularly serve a dessert with your meal. But fruits make delicious desserts. As spring progresses, we will all have the opportunity to enjoy delicious seasonal fruits and our food service provider, K&W Cafeteria, works with us to add those to your meals.

We look forward to serving you strawberries, cantaloupe, honeydew melon, and watermelon through the spring and summer.

Many of these fruits are also high in water content, and we continue to encourage everyone to hydrate by drinking plenty of water and eating foods high in water content. Enjoy the fruits of the season!



REMINDER!

The 2022 Primary Election is May 17th!

- **EARLY VOTING** continues until May 14th.
- **ABSENTEE BALLOT REQUEST FORMS** must be submitted to the Board of Elections by May 10th in person or by mail.
- **ABSENTEE BALLOTS** must be returned to the Board of Elections by 5pm on Primary Election Day, May 17th in



Our Office is **CLOSED**, Monday, May 30th
for **MEMORIAL DAY**
No Meal Delivery on that day.





May 2022 Menu

Mon	Tue	Wed	Thu	Fri
<p>2 Grilled Chicken Breast Green Beans Cheesy Potatoes Marinated Tomatoes Seasonal Fruit Vanilla Cake Square</p>	<p>3 Ham & Cheese Omelet Diced Potatoes Stewed Tomatoes Biscuit / Jelly Fruit Salad Seasonal Fruit</p>	<p>4 Pinto Beans Collard Greens Mac & Cheese Corn Bread Muffin Beet Salad Seasonal Fruit</p>	<p>5 Pulled Pork BBQ Baked Beans Peach Cobbler Bun Eastern NC Slaw Fruit Salad</p>	<p>6 Stuffed Green Peppers w/ Red Sauce Lima Beans Carrots Broccoli Cauliflower Salad Pasta Salad Seasonal Fruit</p>
<p>9 Smothered Veal Mashed Potatoes Carrots Roll Italian Pasta Salad Seasonal Fruit</p>	<p>10 Baked Spaghetti Green Peas Fried Okra Broccoli & Cauliflower Salad Seasonal Fruit Fruit Gelatin</p>	<p>11 Sliced Ham w/ Glaze Black-Eyed Peas Warm Potato Salad Roll Seasonal Fruit Watergate Salad</p>	<p>12 Chicken Salad Tomato & Cucumber Salad Macaroni Salad Peaches Cottage Cheese Saltine Crackers</p>	<p>13 Sloppy Joe Potato Cake Steamed Cabbage Bun Coleslaw Seasonal Fruit</p>
<p>16 Sweet & Sour Chicken over Yellow Rice Collard Greens Carrots Pineapple Tidbits Seasonal Fruit Chocolate Chip Cookie</p>	<p>17 Fish w/ Red Sauce over Rice Yellow Squash Blueberry Cobbler Pickled Beets Seasonal Fruit Yellow Cake Square</p>	<p>18 Chopped Steak w/ Gravy Oven Browned Potatoes Green Beans Roll Seasonal Fruit Tropical Fruit Whip</p>	<p>19 Beef Stroganoff Cauliflower w/ Cheese Sauce Carrots Applesauce Seasonal Fruit Brownie</p>	<p>20 Meatloaf w/ Gravy Mashed Potatoes Stewed Tomatoes Wheat Roll Seasonal Fruit Waldorf Salad</p>
<p>23 Mac & Cheese w/ Ham Green Beans Apple Cobbler Cornbread Broccoli Cauliflower Salad Seasonal Fruit</p>	<p>24 Chicken Filet Sandwich Diced Potatoes Green Peas Bun / Mayo Packet Shredded Lettuce/Tomato Slice Seasonal Fruit</p>	<p>25 Cheesy Beef & Mac Casserole Green Beans Cabbage Shredded Lettuce Salad Seasonal Fruit Fruit Gelatin</p>	<p>26 Pulled Pork BBQ Baked Beans Collard Greens Bun Sweet & Sour Coleslaw Seasonal Fruit</p>	<p>27 Hotdog Baked Beans Diced Potatoes Bun / Mustard / Ketchup Strawberry & Banana Glaze Yellow Sheet Cake w/ Whipped Cream</p>
<p>30 CLOSED </p>	<p>31 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>	<p>Meat Substitute Meal Grilled Chicken Breast Broccoli Yellow Squash Roll Congealed Salad Seasonal Fruit</p>	<p>Veggie Substitute Meal Great Northern Beans Broccoli Yellow Squash Roll Congealed Salad Seasonal Fruit</p>