

January 2021 Menu

Mon	Tue	Wed	Thu	Fri
Dec. 28 Beef Stroganoff over Egg Noodles Green Beans Glazed Carrots Beet Salad Mandarin Oranges Cookie	Dec. 29 Chicken Breast w/ Herb Sauce Roasted Potatoes Ratatouille Cucumber Salad Fruit Fig Bar	Dec. 30 Baked Macaroni & Cheese Navy Beans Collard Greens Cornbread Muffin Applesauce Fruit	Dec. 31 Meatloaf Mashed Potatoes w/ Gravy Steamed Squash Roll Fruit Gelatin Fruit	1 HAPPY NEW YEAR! Pork Tenderloin w/ Mustard Glaze Collard Greens Blackeye Peas Cornbread Mandarin Oranges Fruited Cherry Gelatin
4 Shepherd's Pie Stewed Tomatoes Steamed Broccoli Copper Pennies Fruit Brownie	5 Pork Stew Black-Eyed Peas Turnip Greens Roll Sweet & Sour Slaw Fruit	6 Sweet & Sour Chicken w/ Rice Carrots Green Beans Roll Fruit Cookie	7 Salisbury Steak w/ Gravy Mashed Potatoes Spinach Roll Tomato & Cucumber Salad Pears	8 Sliced Ham w/ Glaze Broccoli Casserole Sweet Potatoes Cornbread Muffin Watergate Salad Applesauce
11 Beef Tips over Rice Broccoli Stewed Tomatoes Roll Three Bean Salad Fruit	12 Hawaiian Chicken Lima Beans Cauliflower Roll Basil Marinated Tomatoes Fruit	13 Pinto Beans Collard Greens Succotash Cornbread Muffin Potato Salad Fruit	14 Turkey Tetrazzini Corn Green Beans Roll Tomato Salad Fruit	15 Chicken & Noodles Roasted Sweet Potatoes Harvard Beets Sliced Pears Fruit Gelatin Vanilla Wafers
18 Carved Turkey Breast w/ Dressing & Gravy Au Gratin Potatoes Green Beans Fruit Gelatin Mandarin Oranges Cookie	19 Chicken Pot Pie Lima Beans Cinnamon Peaches Gold Beet Salad Fruit Fig Bar	20 Chili Con Carne Green Peas Apple Crisp Cornbread Coleslaw Fruit	21 Stir-Fried Chicken over Rice Steamed Broccoli Carrots Roll Sweet & Sour Slaw Fruit	22 Salisbury Steak w/ Gravy Mashed Potatoes Stewed Tomatoes Roll Marinated Vegetable Salad Fruit
25 Chicken Parmesan Spinach Roasted Potatoes Vegetable Salad Fruit Gelatin Peaches	26 Meatloaf Mashed Potatoes w/ Gravy Green Beans Pea Salad Fruit Chocolate Pudding	27 Beef Goulash Turnip Greens Peach Cobbler Cornbread Muffin Pickled Beets Fruit	28 Mac & Cheese w/ Ham Carrots Green Peas Marinated Vegetable Salad Mixed Fruit Brownie	29 Chicken Ranch Casserole Lima Beans Stewed Apples Carrot Raisin Salad Fruit Cookie



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Serving Rowan County
 since 1976!



**Our office will be
 CLOSED
 on Monday,
 January 18
 in observance of
 Martin Luther
 King, Jr. Day.**



**We will deliver
 3 meals on
 Tuesday,
 January 19th and
 2 meals on
 Thursday,
 January 21st.**

Planning Menus and Cooking for 250 People!

Imagine that your family or neighbors are planning a week of celebrations and you have volunteered to prepare the supper every night during the week. You have planned the menus for variety, appearance, and delicious goodness. But during the week before, Joe calls to tell you that he cannot have salt due to his blood pressure. Hazel drops by to say she cannot eat a lot of carbohydrates or have any sweets due to her diabetes. Bill's wife, Peggy, calls to say that Bill is allergic to onions and cannot eat anything with



garlic in it. As you prepare to grocery shop, you sit down to review your menu and wonder how you will meet all the special diet requests.

We deal with this same situation at Meals on Wheels every weekday. **We ask our food service provider not to add salt or sugar to any item.** You may taste the low sodium chicken broth, but no extra salt is added. Our menu also normally includes either bread or dessert unless it is a holiday. Many of our participants have one or more of the three most



frequent lifestyle diseases, high blood pressure, obesity, and diabetes. Of course, if your doctor allows you to have salt, you are welcome to season your food as you wish. We taste each meal every day at our office and some staff do grab the saltshaker.

Please remember that we are preparing meals for 250 folks every weekday. All 250 individuals have different tastes, preferences, diets, etc. Feel free to add spices, hot sauce, and more to your taste. We are committed to providing nutritious meals to all our Meals on Wheels participants.

MEAL RECIPIENT



BIRTHDAYS!

- 1st Tina Loflin
- 2nd Marie Granford
Ronnie Stirewalt
Kathy Kemmerer
Mildred Caudill
- 4th Kathryn Dobson
Ellen Robertson
- 6th Gene Ray
- 7th Randy Cowen
Howard Evans
- 9th Albert Manry
- 10th Ann Horton
- 11th Shirley Goodman
Gene Bailey
Margie Karriker
- 12th Patricia Cherry
Billy Turner
- 13th Barbara Messer
- 14th Yvonne Boone
- 17th Nancy Marvin
Cathleen Helm
- 18th Ann Hartley
- 20th Mildred Russell
- 23rd Philip Hampton
- 25th Steve Vaughn
- 26th Lillian Peacock
Linda Pepper
- 27th Marie Harris
- 28th Anna Torrence
- 30th Garland Thomas
- 31st Martha Fleming

Welcome New Delivery Partner!

Welcome to our new delivery team, **RHA Health Services!** They are delivering our Statesville Blvd. route each week. Pictured left to right: Driver and Staff member, **Tabitha Corn** with her team, **Brantley, Zane** and **Shawn**.



Thank You, Leadership Rowan!

The Rowan Chamber **Leadership Rowan 2020** Class visited Meals on Wheels via Zoom on December 17th. Each year, the Leadership Rowan Class visits several non-profits on their Human Relations Day. As a show of support for our program, **Rosalind Hines** one of the Human Relations Day Coordinators delivered items collected by the class for our participant Birthday Bags.

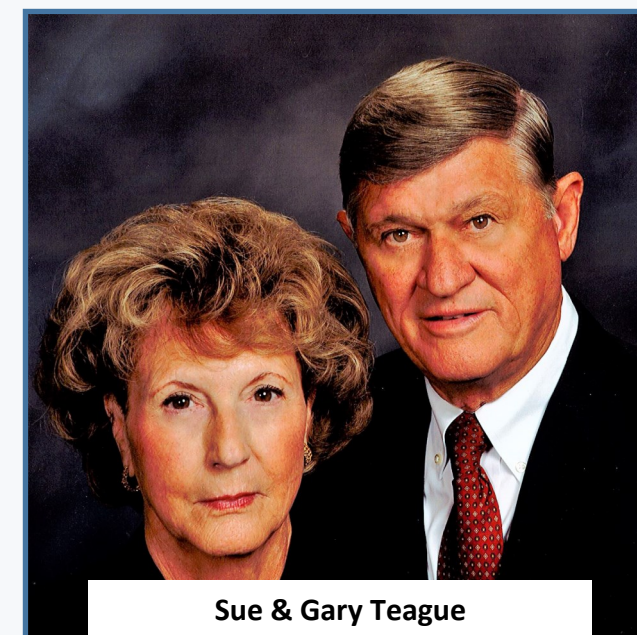


Our volunteers deliver a birthday bag to each participant on their special day. If you, your Sunday School Class, Women's or Men's group or neighbors want to donate items for Birthday Bags, please let us know by contacting our office at 704-633-0352.

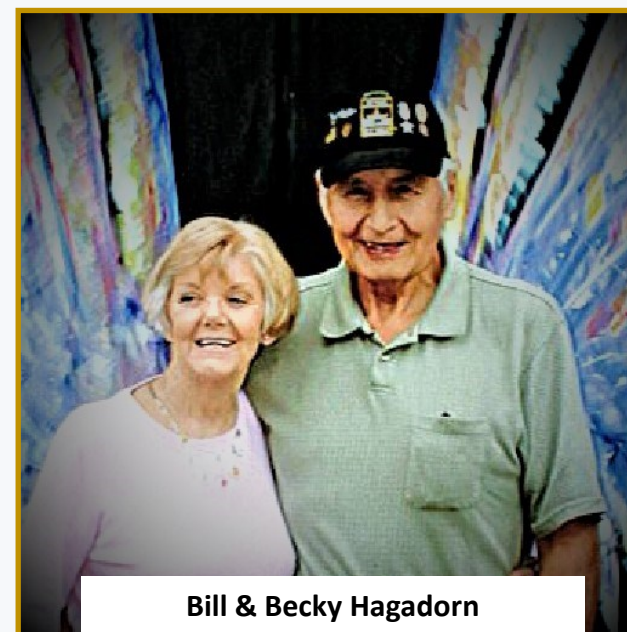
Items for Birthday Bags: **Personal Care Items** - Lip Balm, Cologne/Fragrance, Shaving Kit, Lotions/Hand Creams, Soaps/Body Washes, Antibacterial Hand Soap, Hand Sanitizer, Deodorant, Shampoo/Conditioner, Brush/Comb, Shower Cap, Toothpaste, Soft Toothbrush, Floss, Emory Boards **Individually Packaged Goodies** - Crackers, Soft Nutritional/Breakfast Bars, Candy/Cookies, Apple Sauce, Dried Fruit **Miscellaneous Items** - Tissues, Large Print Word Search & Puzzle Books, Adult Coloring Books/Markers, Pens/Pencils, Notepads, Note Cards/Envelopes, Stamps, Bookmarks, Magazines, Whimsical/Fun Items

Thank You, to Retiring Volunteers!

Sue and Gary Teague began delivering meals in 2000. Over the years they have also served as volunteer coordinators for the Faith, **Shiloh Reformed Church** delivery team. They are retiring but plan to continue serving as substitute delivery volunteers for the Shiloh team. Thank you, Sue and Gary, for your 20 years of dedicated service to Meals on Wheels Rowan!



Sue & Gary Teague



Bill & Becky Hagadorn

Bill and Becky Hagadorn are stepping down as coordinators for the **Trading Ford Baptist Church** delivery team. They faithfully delivered the Spencer route for more than 18 years and worked tirelessly to provide meals to those in need. Thank you, Bill and Becky, for your service to Meals on Wheels Rowan.

Jim and Barbara Norman have "retired" as volunteers for the **First Presbyterian Church of Salisbury** delivery team. They delivered Route 6 and will be greatly missed. Thank you, Jim and Barbara, for delivering for Meals on Wheels Rowan for over 20 years!



Jim & Barbara Norman

Keep Meals on Wheels Rowan in mind when planning your annual and legacy giving.