

November 2021 Menu

Mon	Tue	Wed	Thu	Fri
1 Sliced Ham w/ Glaze Cabbage Warm Potato Salad Mandarin Oranges Fruit Gelatin Cookie	2 Chicken Pot Pie Lima Beans Cinnamon Peaches Beet Salad Fruit Vanilla Cake Square	3 Mac & Cheese w/ Ham Black Beans Green Peas Marinated Vegetable Salad Mixed Fruit Brownie	4 Stir-Fried Chicken over Rice Steamed Broccoli Sweet Potatoes Roll Sweet & Sour Slaw Fruit	5 Beef Pepper Steak w/ Gravy Mashed Potatoes Stewed Tomatoes Roll Marinated Vegetable Salad Fruit
8 Chicken Parmesan Spinach Roasted Potatoes Vegetable Salad Fruit Gelatin Peaches	9 Meatloaf Mashed Potatoes w/ Gravy Green Beans Roll Pea Salad Fruit	10 Beef Goulash Turnip Greens Peach Cobbler Cornbread Muffin Pickled Beets Fruit	11 CLOSED 	12 Chicken Ranch Casserole Lima Beans Stewed Apples Carrot Raisin Salad Fruit Cookie
15 Baked Spaghetti Carrots Apple Crisp Roll Pea Salad Seedless Grapes	16 BBQ Chicken Breast Sweet Potato Casserole Green Beans Broccoli Cauliflower Salad Fruit Gelatin Tropical Fruit Salad	17 Stuffed Baked Potato Chili Broccoli Shredded Cheese / Sour Cream Applesauce Waldorf Salad	18 Pork Loin w/ Glaze Cabbage Black Beans Roll Cranberry Gelatin Salad Fruit	19 Shepherd's Pie Stewed Tomatoes Steamed Broccoli Black Bean Salad Fruit Brownie
22 Beef Stroganoff w/ Egg Noodles Green Beans Yellow Squash Beet Salad Mandarin Oranges Cookie	23 Chicken Breast w/ Herb Sauce Roasted Potatoes Ratatouille 7 Layer Salad w/ Ranch Dressing Fruit Tropical Fruit Salad	24 Turkey w/ Dressing & Gravy Green Bean Casserole Sweet Potatoes Broccoli Salad Cranberry Congealed Salad Pumpkin Pie	25 Meat Substitute Meal Grilled Chicken Breast Broccoli Yellow Squash Roll Congealed Salad Fruit	26 Our office will be CLOSED Thursday & Friday, Nov. 25 & 26 for Thanksgiving 
29 Breakfast Omelet w/ Ham & Spinach Oven Browned Potatoes Cinnamon Apples Cornbread Muffin Peaches Cottage Cheese	30 Chicken & Dumplings Black-Eyed Peas Turnip Greens Coleslaw Waldorf Salad Fruit	*MENU IS SUBJECT TO CHANGE WITHOUT NOTICE		Veggie Substitute Meal Great Northern Beans Broccoli Yellow Squash Roll Congealed Salad Fruit



MEALS on WHEELS
ROWAN

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Serving Rowan County since 1976!
  

Our Office will be CLOSED Thursday, Nov. 11 for Veterans Day



There will be no meal delivery on that day.

Our Office will be CLOSED Thursday & Friday November 25 & 26 for Thanksgiving



There will be no meal delivery on those days.

Feed a Senior; It's Easy as Pie!

Support Meals on Wheels Rowan during this upcoming holiday season by purchasing pies to serve at home or give as gifts.



Choose from **Sweet Potato Pie, Pecan Pie, or German Chocolate Pie** baked fresh by **K&W Cafeteria**. Gift a pie to your family, friend, neighbor, or loved one! If you order five or more pies, they will each come with a gift tag and ribbon, ready for giving as gifts. **Pies are \$20 each.**

Your pie purchase will support Home-Delivered Meals meal recipients who cannot afford to pay for their meals. Meals on Wheels currently provides free meals or partial subsidies to 97% of our meal participants. Beginning in August, meal costs increased 70%. Purchase a pie this Thanksgiving to help us serve our seniors. You'll enjoy a delicious K&W pie and help feed a homebound senior!



Order your pies between October 25 - November 17 at www.mowrowan.org or call 704-633-0352.

All pies will be available for pick-up beginning Monday, November 22, - Wednesday, November 24. Pre-schedule your pie pick-up from one of the following locations:

- Meals on Wheels Rowan Office, Spencer
- Mt. Zion United Church of Christ, China Grove
- Shiloh United Methodist Church, Granite Quarry

MEAL RECIPIENT



BIRTHDAYS!

- 4th Kathleen Agner
- 7th Michael Melton
- 9th Bobbie Pigg
- 10th Barbara Rosario
- 11th Nada Wilson
Ruth Julian
- 12th Vickie Threadgill
- 13th Melvin Mayo
Harold Cline
Ellie Pharris
- 16th Barbara Vercher
- 19th Peggy Payne
James Deal
- 22nd Joel Sutton
- 24th Lorie Huffman
- 26th Jefferson Perry
- 29th Martha Allen



Holiday Eating

During the holidays, will you forgive yourself for eating larger portions, dishes rich in sour cream and cheese, or more sweets? It is difficult to turn down all the "special" foods that grace our tables at this time of year. But remember that diet is not the plan you start after the holidays, **Diet** is what you eat day in and day out. Over the years, many "diet plans" like the Mediterranean Diet, the Keto Diet, and the Diabetes Diet have become confused with **Diet**. The definition of Diet is "the sum of food consumed by a person." **Diet** is what you eat, not the specific foods you plan to eat.



Over the Holidays, try focusing on your **Diet**, the sum of food that you consume. Before each meal, drink a full 12-16 ounces of water. It is tough to skip appetizers when you smell the turkey cooking. Try to stick to celery and other veggie options and limit the dip. When you go through the buffet line at a family gathering, remember that others behind you want some of that great casserole too. Try not to go back to the buffet or the dessert table. Use smaller plates and ask for a "taster" size if someone is serving. If you are cutting your slice, cut a sliver rather than a piece as big as a slice of watermelon. Remember that your **Diet** is the sum of what you eat!

September Sip, Sup, and Shop

Thank you to all the local shops and restaurants who participated in the 2021 September, Sip, Sup, and Shop!

37 shops and restaurant's hosted "Give Back" days or sponsored meals for our senior meal recipients.

Thank you to everybody who supported these local businesses and Meals on Wheels by sipping, supping, and shopping in Rowan County this September!



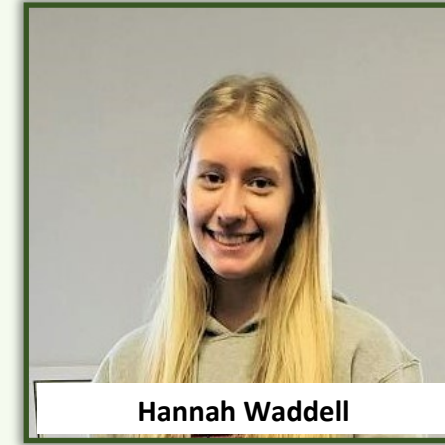
With your help, we have raised \$3,412 to date, which provides 262 meals to homebound seniors in need!

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

Celebrating Our Volunteers!



Cindy & Tim Hart



Hannah Waddell



Kay & Sam Liner

Cindy & Tim Hart deliver our Hwy 29 route. Cindy publishes the **Senior Savvy Magazine** and delivers as a way to further her connection with seniors.

Hannah Waddell, a **Crosby Scholar** at **East Rowan High School**, volunteered at our Granite Quarry Pick-up site to fulfill her Crosby Scholar requirement for service hours.

Kay & Sam Liner deliver routes in the E. Rowan/Gold Hill area.



Jacqueline Hardin

Jacqueline Hardin joins the **Antioch Missionary Baptist** delivery team.

Welcome **Team Yatawara!**
Morgan Davis,
Dr. Gayle Yatawara
and **Crystal Fidler**.

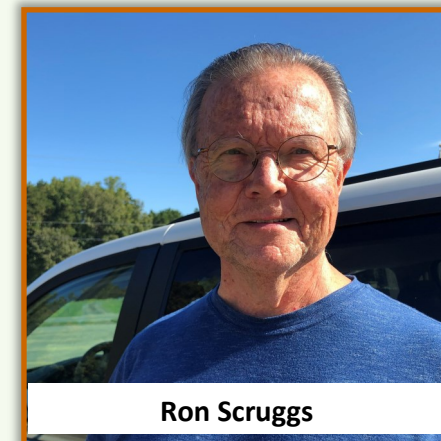


Morgan Davis, Dr. Gayle Yatawara, Crystal Fidler

Ron Scuggs is a new volunteer helping deliver several routes in the East Rowan Area.

Sandi Hache is a new Volunteer with the **Franklin Baptist Church** delivery team and brought her Grandsons **Asa & Gage** along to help deliver meals.

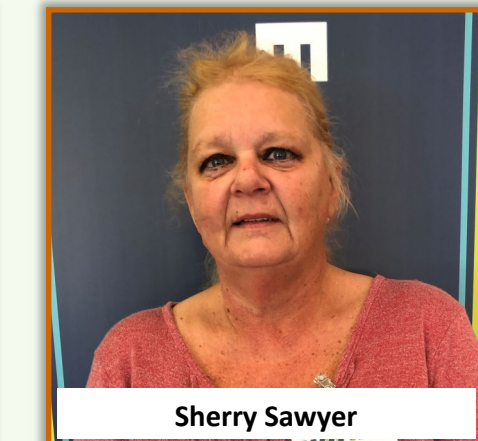
Sherry Sawyer is a new volunteer who substitutes on any route needed. She was inspired to volunteer with Meals on Wheels because her Mother was homebound.



Ron Scuggs



Sandi Hache with Asa & Gage



Sherry Sawyer