

March 2021 Menu



Mon	Tue	Wed	Thu	Fri
1 Carved Turkey Breast w/ Dressing & Gravy Au Gratin Potatoes Green Beans Fruit Gelatin Mandarin Oranges Cookie	2 Chicken Pot Pie Lima Beans Cinnamon Peaches Gold Beet Salad Fruit Cookie	3 Chili Con Carne Green Peas Apple Crisp Cornbread Coleslaw Fruit	4 Stir-Fried Chicken over Rice Steamed Broccoli Carrots Roll Sweet & Sour Slaw Fruit	5 Country Style 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 Pea Salad Fruit Chocolate Pudding	10 Beef Goulash Turnip Greens Peach Cobbler Cornbread Muffin Pickled Beets Fruit	11 Mac & Cheese w/ Ham Carrots Green Peas Marinated Vegetable Salad Mixed Fruit Brownie	12 Chicken Ranch Casserole Lima Beans Stewed Apples Carrot Raisin Salad Fruit Cookie
15 Baked Spaghetti Carrots Apple Crisp Roll Corn & Pea Salad Cookie	16 BBQ Chicken over Rice Buttered Squash Lima Beans Broccoli & Cauliflower Salad Fruit Gelatin Fruit	17 Stuffed Baked Potato Chili Broccoli Shredded Cheese / Sour Cream Applesauce Fruit	18 Pork Loin w/ Mustard Glaze Cabbage Black Beans Roll Cranberry Gelatin Salad Fruit	19 Breakfast Omelet w/ Ham & Cheese Oven Browned Potatoes Cinnamon Apples Cornbread Muffin Peaches Fruit
22 Beef Stroganoff over Egg Noodles Green Beans Glazed Carrots Beet Salad Mandarin Oranges Cookie	23 Chicken Breast w/ Herb Sauce Roasted Potatoes Ratatouille Cucumber Salad Fruit Tropical Fruit Salad	24 Baked Macaroni & Cheese Navy Beans Collard Greens Cornbread Muffin Applesauce Fruit	25 Meatloaf Mashed Potatoes w/ Gravy Steamed Squash Roll Fruit Gelatin Fruit	26 Turkey Tetrazzini Corn Green Beans Roll Marinated Tomato Salad Fruit
29 Shepherd's Pie Stewed Tomatoes Steamed Broccoli Copper Pennies Fruit Brownie	30 Chicken & Dumplings Black-Eyed Peas Turnip Greens Roll Sweet & Sour Slaw Fruit	31 Sweet & Sour Chicken w/ Rice Carrots Green Beans Roll Fruit Cookie	April 1 Country Style Steak w/ Gravy Scalloped Potatoes Spinach Roll Tomato & Cucumber Salad Pears	April 2 Sliced Ham w/ Glaze Broccoli Casserole Sweet Potatoes Cornbread Muffin Watergate Salad Applesauce



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Serving Rowan County
since 1976!



We Need to Know!
If you will not be home for your Monday or Thursday delivery, please call our office at 704-633-0356 as soon as you know.
Our meal orders are placed a day in advance and volunteers are scheduled to deliver your meals.



MARCH FOR MEALS

March for Meals is a month-long celebration of Meals on Wheels to raise awareness of senior hunger and isolation and to celebrate the invaluable services provided by Meals on Wheels. During March for Meals, we invite our local leaders in Rowan County to come out and deliver routes and experience firsthand what we do here at Meals on Wheels Rowan. Be on the lookout for your local Mayors, County Commissioners, church leaders, and other community leaders, as they deliver routes throughout March!



We would love to hear about your experiences as a volunteer, a participant, or a family member. Make sure to tag us on Facebook, Instagram, or Twitter.

If you would like to donate to our March for Meals campaign, visit our website at www.mowrowan.org. For \$45 you can provide a week of meals for a hungry senior!

To find out more about how get involved during March for Meals either by volunteering, or speaking out about what Meals on Wheels means to you, please e-mail Alexandra at afisher@mowrowan.org or call 704-633-0352.

STAND UP FOR SENIORS THIS MARCH

#MARCHFORMEALS

MEAL RECIPIENT



BIRTHDAYS!

- 1st Bill Love
Linda Hughes
- 2nd Mary Miller
- 3rd Shirley Johnson
- 4th George Cannon
- 5th Patsy Coren
Margine Wilson
- 6th Telka Gullet
- 7th Wynell Wood
- 8th Jimmy Lail
Sylvia Dutton
- 9th Nancy Mertins
John Pharr
- 10th Don Dedmon
- 13th Elizabeth Perry
Glenda Roberts
- 14th Rosalyn Odom
- 16th Beatrice Hunter
- 18th Shirley Buckner
- 20th Ronald Spry
- 26th John Ellison
- 27th Kenneth Carlton
- 28th Janet Connell
- 29th Thomas Ansbro



Grocery Program



We currently have openings for grocery clients. **The Grocery Program provides grocery shopping and delivery to qualified participants.** The Grocery Program is to assist seniors who can prepare meals for themselves but have difficulty getting to

the grocery store due to health, mobility, transportation, and/or financial limitations. There is no cost to participate in the Grocery Program, but participants can make contributions. Participants call in their grocery orders once a week, and a volunteer will shop and deliver the groceries at a scheduled time. We encourage participants to order healthy foods and fresh produce and fruits. Please be aware we do not purchase soft drinks or excessive sweet or salty snacks.

If you need assistance with groceries or would like to volunteer, contact our Grocery Coordinator, Holly Teeter at heteeter@mowrowan.org or call 704-633-0352.

BBQ CANCELLED!!

After careful consideration, we decided it is best to cancel our Spring BBQ Fundraiser. We hope to reschedule for the Fall. Thank you to all who inquired about volunteering.



For those who are hungry for Port-A-Pit, they are open Wednesday & Friday from 11am - 7pm at 119 Marshall Forest Lane, Statesville, NC 28625, 25 miles from downtown Salisbury.

Vitamin K

You may have heard of **Vitamin K**, especially if your doctor has prescribed blood thinner medication like Coumadin (warfarin) for you or a loved one. Vitamin K is probably best known for how it assists with blood clotting. In fact, Vitamin K got its name from the Danish word *koagulation*, which means coagulation, or blood clotting. **But did you know that Vitamin K affects bone health too?** That's right! It has a role with increasing bone mass and promoting strong bones.



Vitamin K is found naturally some plants. **Green vegetables are especially rich in Vitamin K including collard, turnip & mustard greens, spinach, kale, swiss chard, broccoli, cabbage, and brussels sprouts.** Soybean oil, and foods made

with it like regular salad dressings, is another common source of Vitamin K too. In contrast, fat-free salad dressings typically have little to no Vitamin K due to not containing oils.

For those taking blood thinner medication, maintaining a **consistent intake** of Vitamin K is an important consideration since **sudden dietary changes of eating significantly more or less foods rich in Vitamin K can affect clotting time.** These medications affect Vitamin K's role of blood clotting by making the vitamin less "active" thereby prolonging the time it takes for blood to clot. What could this mean? A sudden increase of Vitamin K may cause the blood to clot too quickly, while a sudden decrease of Vitamin K may cause the blood to clot too slowly – either of which can be dangerous in certain circumstances. **Consistency with how much green vegetables you eat & how often you eat them is key!**

Green vegetables are some of the most nutrient-rich foods available and should be incorporated into our diets regularly, yet appropriately, for optimum health. Discuss any dietary or nutrition concerns with your healthcare provider or Registered Dietitian *before* making significant changes to your eating habits. Information in this article is intended for general education purposes only and should not be used in place of guidelines or treatment plans given to you by your physician or healthcare provider.

Guest Columnist—Tara Smith, Registered Dietitian and Meals on Wheels Board Member

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