

April 2021 Menu

Mon	Tue	Wed	Thu	Fri
<b>March 29</b> Shepherd's Pie Stewed Tomatoes Steamed Broccoli Copper Pennies Fruit Brownie	<b>March 30</b> Chicken & Dumplings Black-Eyed Peas Turnip Greens Roll Sweet & Sour Slaw Fruit	<b>March 31</b> Sweet & Sour Chicken w/ Rice Carrots Green Beans Roll Fruit Cookies	Country Style Steak w/ Gravy Scalloped Potatoes Spinach Roll Tomato & Cucumber Salad Peas	<b>2 OFFICE CLOSED TODAY</b> Sliced Ham w/ Glaze Broccoli Casserole Sweet Potatoes Cornbread Muffin Tropical Fluff Salad Applesauce
<b>5</b> Beef & Macaroni Casserole Carrots Green Peas Seasonal Fruit Fruited Gelatin Vanilla Wafers	<b>6</b> Hamburger w/ Cheese Baked Beans Potato Wedges Bun / Mustard / Ketchup Lettuce/Tomato Slice/Dill Pickle Seasonal Fruit	<b>7</b> Carved Turkey w/ Gravy Cabbage Broccoli Roll Tomato Aspic Seasonal Fruit	<b>8</b> Chicken & Biscuit Pan Pie Collard Greens Corn Seasonal Fruit Pineapple Tidbits Italian Pasta Salad	<b>9</b> Black Beans & Rice Sautéed Mushrooms Blueberry Crisp Broccoli Cauliflower Salad Seasonal Fruit Pineapple Delight
<b>12</b> Smothered Hamburger Patty Turnip Greens Mashed Potatoes Seasonal Fruit Mixed Fruit Salad Vanilla Pudding	<b>13</b> Sloppy Joe Squash & Zucchini Potato Cake Bun Coleslaw Seasonal Fruit	<b>14</b> Chicken Parmesan Parsley Potatoes Spinach Roll Three Bean Salad Mandarin Oranges	<b>15</b> Beef Stroganoff over Noodles Squash Medley Baked Apples w/ Raisins Garden Ranch Pasta Salad Seasonal Fruit Cookies	<b>16</b> Chicken Stir-Fry w/ Red & Green Peppers Yellow Rice Hot Cinnamon Peaches Roll Seasonal Fruit Macaroni Salad
<b>19</b> Ham & Cheese Omelet Potato Wedges Stewed Tomatoes Biscuit / Jelly Fruit Salad Grapes	<b>20</b> Grilled Chicken Breast Green Beans Cheesy Scalloped Potatoes Sweet & Sour Slaw Seasonal Fruit Vanilla Cake Square	<b>21</b> Pinto Beans Collard Greens Mac & Cheese Corn Bread Muffin Seasonal Fruit Beet Salad	<b>22</b> Pulled Pork BBQ Baked Beans Turnip Greens Bun Potato Salad Fruit Salad	<b>23</b> Chicken Fettuccini w/ Alfredo Sauce Spinach Corn Orange slices Seasonal Fruit Brownie
<b>26</b> Smothered Veal Mashed Potatoes Carrots Roll Italian Pasta Salad Seasonal Fruit	<b>27</b> Baked Spaghetti Green Peas Corn Broccoli & Cauliflower Salad Seasonal Fruit Seasonal Fruit	<b>28</b> Sliced Ham w/ Glaze Black-Eyed Peas Mac & Cheese Roll Seasonal Fruit Vanilla Pudding w/ Mixed Berries	<b>29</b> Chicken Salad Tomato & Cucumber Salad Pasta Salad Peaches Cottage Cheese Cookie / Crackers	<b>30</b> Pork Loin w/ Glaze Dilled Potatoes Steamed Cabbage Roll Black Bean Salad Seasonal Fruit

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



**Mailing Address:**  
 P.O. Box 1914  
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 Spencer, NC 28159

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 info@mowrowan.org

Serving Rowan County since 1976!



Family Trust Supports Project Charlie

After a successful start, the **Miriam and Robert Hayes Family Trust** is making it possible to add 25 participants to "Project Charlie." The pilot project will be free for interested clients.

"Charlie" is a **Claris Companion Tablet** that is easy to use and personalize for each participant. You can use Charlie to communicate with family and friends, Meals on Wheels, and other caregivers. You will have access to photo sharing, weather, news, exercise videos, free e-books, and daily reminders. Don't worry if you do not have wireless internet, Charlie can also be enabled with cellular service.



If you are interested in trying out Charlie or want more information, call the Meals on Wheels office at 704-633-0352.

Our Office will be **CLOSED** Friday, April 2nd In observance of *Good Friday*



**HOT MEALS!**



We are excited to announce that on **June 1, 2021**, we will restart our signature daily hot meal service. At the end of March 2020, we moved to once-a-week deliveries to reduce personal contact during the pandemic. For five months, we delivered frozen meals once a week. Then in August, we switched to delivery of chilled meals twice each week. We will continue to practice our "Safety First" protocol during daily deliveries by wearing masks, using hand sanitizer and maintaining 6 ft. of separation from our meal participants. Be on the lookout for further information about our restart.

Congratulations on Your Retirement, Linda!

We are sad to share that **Linda Kanipe** is officially retiring from her position as Site Coordinator in the Granite Quarry area. Linda began volunteering with Meals on Wheels ten years ago and became our "Super" Substitute. She would deliver meals anywhere in the County. We quickly realized what a gem Linda is. She was our first East Rowan Site Coordinator. Linda is one of our most hard-working and dedicated team members. She is always willing to help out and do what is needed. Although our volunteers and staff will miss her, we are excited for her to begin working on her bucket list!



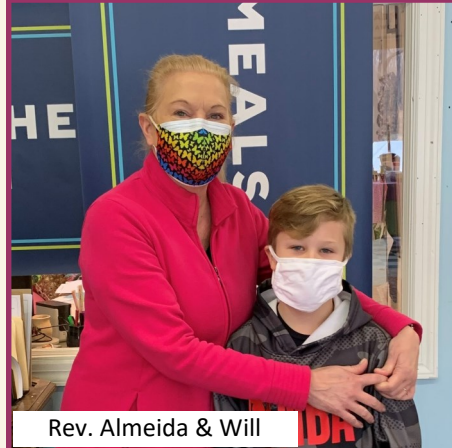
# March for Meals Is a Success!

## MEAL RECIPIENT



## BIRTHDAYS!

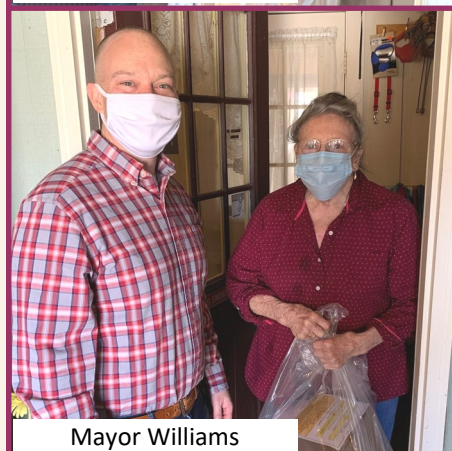
- 3rd Thamer Wheeler
- 10th Walter Corriher  
Mildred Johnson
- 11th Gloria Martin
- 13th JoAnn Myers
- 14th Bennie Garvin
- 17th Judy Bernhardt  
Martha Metcalf
- 20th Kaye Hunter
- 23rd Gloria Fowler  
William Brewer
- 25th Samuel Wiley  
Girtha Fleming
- 26th Mary Rex
- 28th Alda Smith
- 30th James Steele  
David Jones



Rev. Almeida & Will



Commissioner Edds



Mayor Williams

To kick off our month-long March for Meals Celebration, we received a proclamation from the Rowan County Commissioners officially declaring **March 2021 as March for Meals Month!**

We had a packed month, with several of our local leaders coming out to deliver routes each Monday and Thursday. We welcomed:

- **Rowan County Commissioner Chairman Greg Edds**
- **Pastor Kyle Bates from Wittenberg Lutheran Church**
- **Pastor Matt Perez from Life Church**
- **Spencer Mayor Jonathan Williams**
- **Father John Eckert from Sacred Heart Catholic Church**
- **Reverend Margaret Almeida from Second Presbyterian Church (and grandson Will!)**
- **East Spencer Mayor Barbara Mallett**
- **South Rowan Y Service Club (their 12<sup>th</sup> year!)**
- **Kannapolis Mayor Darrell Hinnant**
- **Salisbury City Councilwoman Tamara Sheffield**

It was a very busy month! And we were so excited to have **David Whisenant** from **WBTV** do a story on Meals on Wheels Rowan and March for Meals. David followed Board President Tom Robinson and Father Eckert as they delivered route 6! To see the segment, visit our website and you will find the link under "Media."

Students from **Sacred Heart Catholic School** and **Salisbury Academy** decorated 500 meal boxes to bring a little spring cheer to all of our participants!

We are so grateful for all of the support we received from our volunteers, donors, and leaders in Rowan County! With your help, we will continue to Stand up for Seniors!



Pastor Bates



Mayor Mallett



Mayor Hinnant



Y Service Club Member



Pastor Perez



Father Eckert & Tom Robinson



Decorated Meal Boxes



David Whisenant - WBTV



Councilwoman Sheffield