


July 2021 Menu

Mon	Tue	Wed	Thu	Fri
Meat Substitute Meal Grilled Chicken Breast Broccoli Yellow Squash Roll Applesauce Seasonal Fruit	Veggie Substitute Meal Great Northern Beans Broccoli Yellow Squash Roll Applesauce Seasonal Fruit	Chicken Parmesan Parsley Potatoes Spinach Roll Garden Ranch Pasta Salad Mandarin Oranges	Salmon Patty Broccoli Corn Whole Wheat Roll Fruit Gelatin Seasonal Fruit	Hotdog Oven Brown Potatoes Baked Beans Hotdog Bun / Mustard / Ketchup Cantaloupe Seedless Watermelon
CLOSED 	Sloppy Joe Squash & Zucchini Potato Cake Bun Sweet & Sour Coleslaw Seasonal Fruit	Grilled Chicken Breast Green Beans Cheesy Potatoes Marinated Tomatoes Seasonal Fruit Vanilla Cake Square	Beef Stroganoff over Noodles Squash Medley Baked Apples w/ Raisins Three Bean Salad Seasonal Fruit Cookies	Chicken Stir-Fry w/ Red & Green Peppers Yellow Rice Hot Cinnamon Peaches Roll Black Bean Salad Seasonal Fruit
Ham & Cheese Omelet Diced Potatoes Stewed Tomatoes Biscuit / Jelly Fruit Salad Grapes	Baked Spaghetti Green Peas Fried Okra Broccoli & Cauliflower Salad Seedless Watermelon Seasonal Fruit	Pinto Beans Collard Greens Mac & Cheese Corn Bread Muffin Beet Salad Seasonal Fruit	Pulled Pork BBQ Baked Beans Peach Cobbler Bun Eastern NC Slaw Fruit Salad	Chicken Fettuccini Alfredo Spinach Carrots Orange Slices Seasonal Fruit Brownie
Smothered Veal Mashed Potatoes Carrots Roll Italian Pasta Salad Seasonal Fruit	Sliced Ham w/ Glaze Black-Eyed Peas Warm Potato Salad Roll Seasonal Fruit Vanilla Pudding w/ Mixed Berries	Sliced Ham w/ Glaze Black-Eyed Peas Warm Potato Salad Roll Seasonal Fruit Vanilla Pudding w/ Mixed Berries	Chicken Salad Tomato & Cucumber Salad Macaroni Salad Peaches Cottage Cheese Saltine Crackers	Pork Loin w/ Glaze Dill Potatoes Steamed Cabbage Roll Black Bean Salad Seedless Watermelon
Hawaiian Chicken over Yellow Rice Collard Greens Carrots Pineapple Tidbits Seasonal Fruit Chocolate Chip Cookie	Creole Fish over Rice Yellow Squash Blueberry Cobbler Tossed Salad Pickled Beets Seasonal Fruit	Cube Steak w/ Gravy Oven Browned Potatoes Green Beans Roll Seasonal Fruit Tropical Fruit Whip	Chicken Stroganoff w/ Noodles Cauliflower Carrots Applesauce Seasonal Fruit Brownie	Cheesy Beef & Mac Casserole Green Beans Cabbage Tossed Salad Peaches Cherry Gelatin w/ Fruit

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 the day before you want a substitute meal.



Mailing Address:
 P.O. Box 1914
 Salisbury, NC 28145

Physical Address:
 1307 South Salisbury Ave
 Spencer, NC 28159

Phone: 704-633-0352
www.mowrowan.org
info@mowrowan.org

Serving Rowan County since 1976!



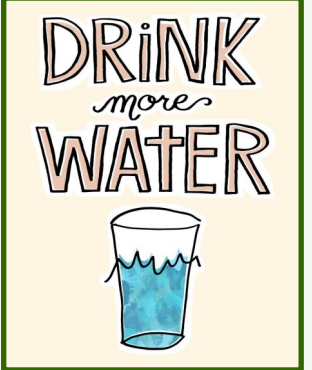
Our Office Will be CLOSED Monday July 5th for



There will be no meal deliveries on that day.

Are You Drinking Enough Water?

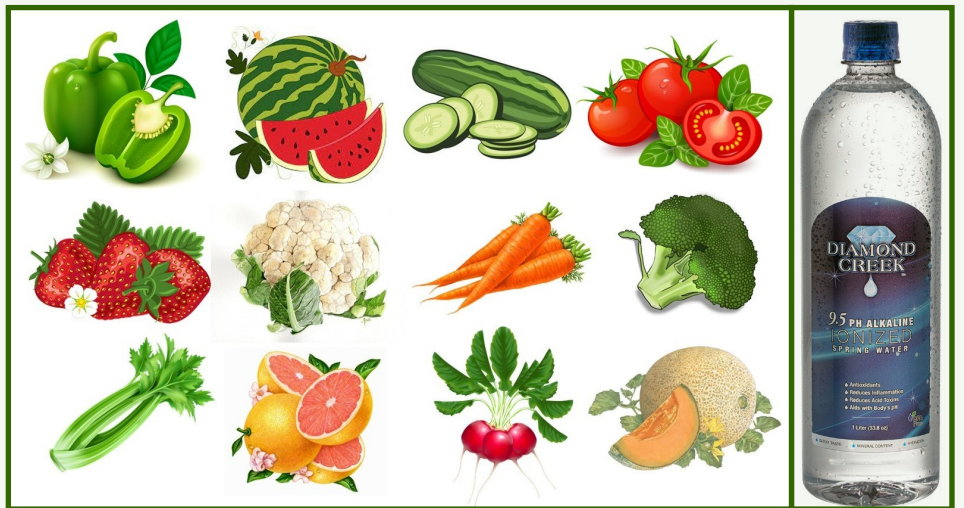
As we age, we don't feel thirsty like we did as young adults. Diabetes, kidney problems or side effects from certain medications can increase our risk of dehydration. **Drink a minimum of 6-8 cups or 48-64 ounces of water per day.**



In the summer, you need to drink extra fluids like water, milk, juice, and eat fruits and vegetables that are more than 90% water by weight.

The following fruits and vegetables are recommended:

- | | | |
|-------------|-----------------|---------------|
| Cucumbers | Celery | Radishes |
| Tomatoes | Iceberg Lettuce | Green Peppers |
| Cauliflower | Spinach | Grapefruit |
| Watermelon | Strawberries | Broccoli |
| Cantaloupe | Baby Carrots | |



Occasionally, Meals on Wheels will send a bottle of water to each participant as a reminder to drink plenty of water.

Diamond Creek Water Company has donated a pallet of bottled water for our participants. Our thanks to **Ken Morgan**, Founder and CEO of Diamond Creek Water.

Welcome New Volunteers!

MEAL RECIPIENT



BIRTHDAYS!

- 4th Larry Montgomery
- 7th Robert Brown
- 8th Richard Andrews
- 10th Thomas Harrell
- 17th Max Caudill
- Connie Alexander
- Henry Kyles
- Bobby Oxendine
- Joyce Mulligan
- 19th Kim Overcash
- 21st William Powell
- 23rd Stacey Wallace
- Susan Cannon
- 24th Mildred Harris
- 25th Brenda Carter
- 28th Kenneth Harkey
- 29th Tracy Presson
- 31st Allen Kirk
- Jennifer McIntyre



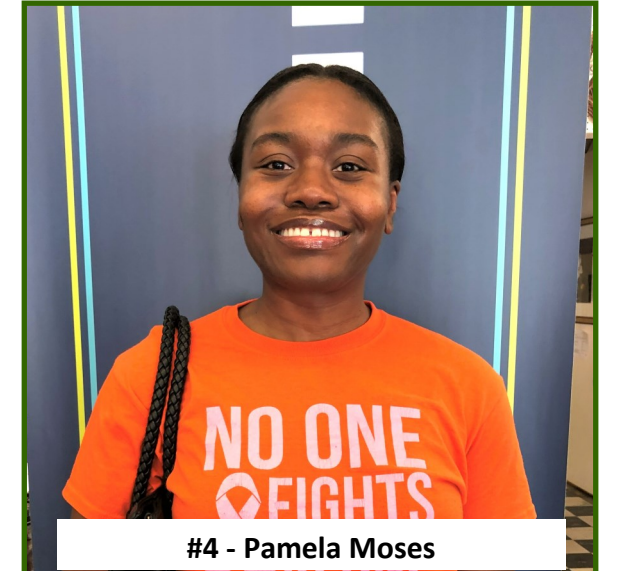
#1 - Cynthia Burns



#2- Sandy & Taylor Deal



#3- Kim Fink & Marcia Tolbert



#4 - Pamela Moses



#5 - John Oswald, Jr.

As we begin delivering daily hot meals again, we want to say how much we appreciate our volunteers, experienced and new. We couldn't fulfill our mission without you.

We want to welcome these new volunteers:

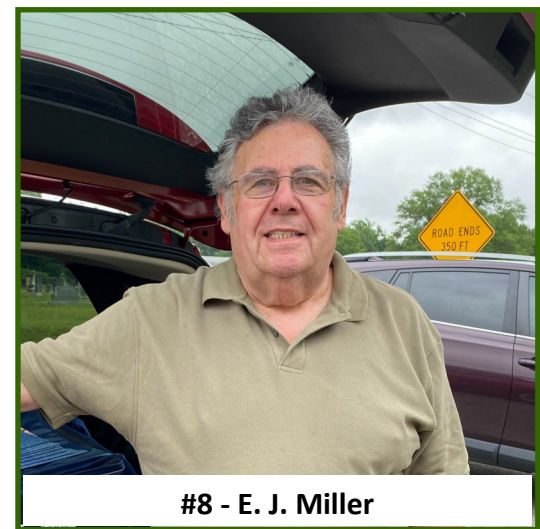
- **Cynthia Burns (1)** is a grocery shopper and substitute delivery volunteer.
- **Sandy and Taylor Deal (2)** deliver the East Kannapolis route every week.
- **Kim Fink and Marcia Tolbert (3)** deliver the Mt. Ulla route once a month.
- **Pamela Moses (4)** volunteers for the Salisbury routes.
- **John Oswald, Jr. (5) and Dylan Turner (6)** are substitute drivers for our Salisbury routes.
- **Theresa Smith (7)** works with the **Rowan-Salisbury Schools** and is a delivery driver for the Salisbury routes.
- **E. J. Miller (8)** joins the **Mt. Zion United Church of Christ** team, and delivers the Landis route.
- **Sue Cox (9), Mary Stafford (10), and Debbie Cox (11)** join the **Lake** team as delivery volunteers.



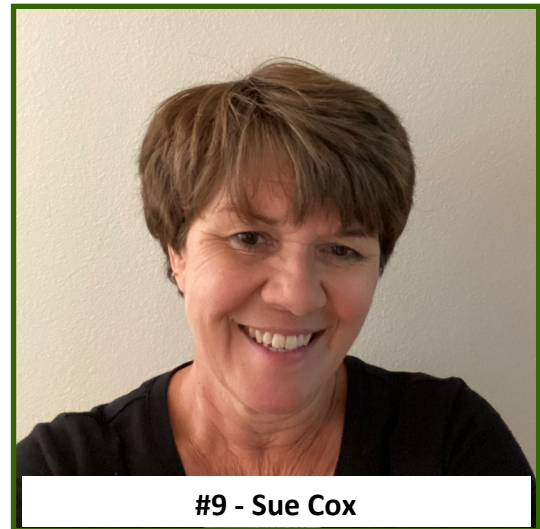
#6 - Dylan Turner



#7 - Theresa Smith



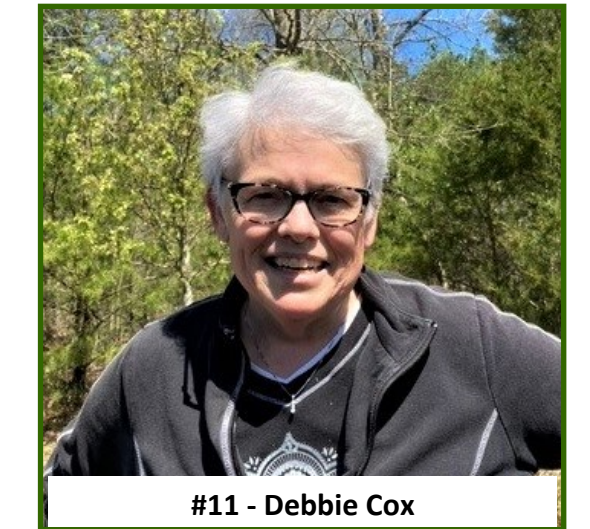
#8 - E. J. Miller



#9 - Sue Cox



#10 - Mary Stafford



#11 - Debbie Cox

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