



# August 2021 Menu

Mon	Tue	Wed	Thu	Fri
2 Meatloaf w/ Gravy Mashed Potatoes Stewed Tomatoes Wheat Roll Seasonal Fruit Waldorf Salad	3 Chicken Filet Diced Potatoes Green Peas Bun / Cheese Slice / Mayo Packet Shredded Lettuce/Tomato/Pickle Seasonal Fruit	4 Mac & Cheese w/ Ham Green Beans Apple Cobbler Cornbread Broccoli Cauliflower Salad Seasonal Fruit	5 Pulled Pork BBQ Baked Beans Collard Greens Bun Sweet & Sour Coleslaw Seasonal Fruit	6 Chicken & Rice Casserole Broccoli Baked Apples Roll Cucumber Tomato Salad Seasonal Fruit
9 Chicken & Biscuit Pan Pie Cabbage Green Beans Seasonal Fruit Fruit Gelatin Vanilla Wafers	10 Veal Parmesan Spinach Corn Tossed Salad & Dressing Seasonal Fruit Chocolate Pudding w/ Whipped Cream	11 Carved Turkey w/ Gravy Mashed Potatoes Green Beans Roll Carrot Raisin Salad Seasonal Fruit	12 Salmon Patty Broccoli Corn Whole Wheat Roll Fruit Gelatin Macaroni Salad	13 Red Beans & Yellow Rice Sautéed Mushrooms Blueberry Crisp Broccoli Cauliflower Salad Seasonal Fruit Pineapple Delight
16 Smothered Hamburger Patty Turnip Greens Mashed Potatoes Tropical Fruit Salad Three Bean Salad Vanilla Pudding	17 Sloppy Joe Squash & Zucchini Ranch Potatoes Bun Sweet & Sour Coleslaw Seasonal Fruit	18 Chicken Parmesan Parsley Potatoes Spinach Roll Garden Ranch Pasta Salad Seedless Watermelon	19 Beef Stroganoff over Noodles Squash Medley Baked Apples w/ Raisins Marinated Vegetable Salad Seasonal Fruit Cookies	20 Chicken Stir-Fry w/ Red & Green Peppers Yellow Rice Hot Cinnamon Peaches Roll Black Bean Salad Seasonal Fruit
23 Ham & Cheese Omelet Diced Potatoes Stewed Tomatoes Biscuit / Jelly Heavenly Hash Salad Orange Slices	24 Grilled Chicken Breast Green Beans Cheesy Potatoes Marinated Tomatoes Seasonal Fruit Vanilla Cake Square	25 Pinto Beans Collard Greens Mac & Cheese Corn Bread Muffin Beet Salad Seasonal Fruit	26 Pulled Pork BBQ Baked Beans Peach Cobbler Bun Eastern NC Slaw Fruit Salad	27 Chicken Fettuccini Alfredo Spinach Carrots Orange Slices Seasonal Fruit Brownie
30 Smothered Veal Mashed Potatoes Carrots Roll Italian Pasta Salad Seasonal Fruit	31 Baked Spaghetti Green Peas Fried Okra Broccoli & Cauliflower Salad Mandarin Oranges Seasonal Fruit	<b>Veggie Substitute Meal</b> Pinto Beans Carrots Cabbage Cornbread Sweet & Sour Coleslaw Seasonal 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](http://www.mowrowan.org)  
[info@mowrowan.org](mailto:info@mowrowan.org)

Serving Rowan County since 1976!

**DRINK MORE WATER**

Please remember to drink plenty of water during these incredibly hot days!

**Our Office will be CLOSED Monday, Sept. 6**



**There will be no meal delivery on that day.**

# AUGUST IS FOR AniMEALS

Meals on Wheels is best known for providing nutritious meals for homebound seniors. But we also offer AniMEALS for the pet companions of our meal recipients. **“August is for AniMEALS”** is a month-long campaign during August, when we collect pet food and donations at 10 locations across Rowan County. This year our goal is to raise \$10,000 in donations and 2 tons of pet food. Donations will be used to purchase pet food and vouchers for rabies vaccinations, wellness checks, and grooming.

We provide pet food to meal recipients who do not have the financial resources to purchase the pet food they need and to those who cannot get out to shop and have difficulty lifting larger bags or cans of pet food. By providing pet food to our meal recipients who own pets, we hope to alleviate their anxiety about feeding their pets.

**If you are a Meals on Wheels participant and need pet food or assistance in getting routine veterinary care for your pet, please call us at 704-633-0352.**

If you are a volunteer who is concerned about the pet of a participant, please contact us at the Meals on Wheels office at 704-633-0352.

Are you interested in supporting our AniMEALS program? **Donate online at [www.mowrowan.org/animeals-pet-food-program](http://www.mowrowan.org/animeals-pet-food-program) or drop off pet food donations at these locations:**

- Hughes Plumbing Supply
- Barnhardt Jewelers, Salisbury
- West Rowan Home & Garden
- Lazy 5 Animal Hospital
- Dr. Jolly, DDS
- Stichin' Post Gifts
- Hot Diggity Dog, Gold Hill
- Ace Hardware, Rockwell
- Oxford+Lee, Salisbury
- Rowan Animal Clinic





### MEAL RECIPIENT



### BIRTHDAYS!

- 1st Linda Frye
- 3rd Brenda Kelley  
Reginald Ramsey
- 4th Betty Horton
- 9th Hattie Gray  
James Bost
- 10th Joyce Evans  
Carolyn Faggart
- 11th Gary Goodman
- 13th Evelyn Cartner
- 16th John Hoppe
- 18th Ruby Poole
- 19th Harvey Pord  
John Tetterton
- 23rd Mary Jackson
- 25th Perry Shaw  
George Dayvault
- 27th Gerald Boucher  
Helen Scercy
- 29th Kathy Walters
- 30th Edna Owens
- 31st Laura Hunter  
Ann Jancic  
John Charleston



# Fuzzy Buddies FUN DAY

Join us for Fuzzy Buddies Fun Day!  
**August 28th**  
**10 am -12 noon**  
**Granite Lake Park,**  
 500 N. Salisbury Ave., Granite Quarry

Bring your pet and family for a morning of pet-friendly fun benefiting AniMEALS!

The event will include Pet Parades, a Pet Costume Contest and a Pet Trick Contest. Pet-related vendors will be featured, as well as the Rowan County Humane Society. With every donation of pet food, you will be entered into a raffle for a Grand Prize Basket filled with goodies for your pet!



### Update on Masks

As of July 22, Meals on Wheels requires that all Staff, Volunteers, and Participants wear masks while in our office, at pick-up sites and during all deliveries.

This mask requirement is due to:

- The increase in Delta Variant Cases of COVID-19 in Rowan
- The increased ease of spread
- The breakthrough spread to some vaccinated individuals



Doris Hixon



Jollette & Lloyd Pace

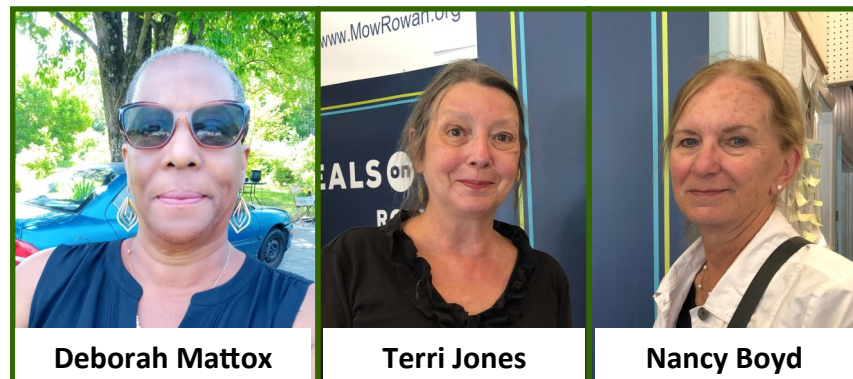


Chris & Jackie Crane

We are excited to welcome **Doris Hixon** as the new Coordinator for the **First Baptist Church of Salisbury** Delivery Team. Other new team members include **Jollette & Lloyd Pace, Chris & Jackie Crane, and Connie & Charlie Sherrill**. We are so thankful for volunteers from First Baptist Church of Salisbury!



Connie & Charlie Sherrill



Deborah Mattox

Terri Jones

Nancy Boyd

We want to welcome **Deborah Mattox**, who delivers our **Cleveland/Woodleaf** route twice each month.

**Terri Jones & Nancy Boyd** join our Volunteer Corp as substitute delivery volunteers any Thursday.

We also welcome **Rodney Phillips** as the **First Baptist Church of China Grove** Team Coordinator. Additional new team members are the **Rev. Trent Drye, Baxter Gardner, and Renee Simmons**. Welcome, all!



Rev. Trent Drye, Rodney Phillips, Baxter Gardner, Renee Simmons

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