


## September 2021 Menu

Mon	Tue	Wed	Thu	Fri
<b>Meat Substitute Meal</b> Grilled Chicken Breast Broccoli Yellow Squash Roll Applesauce Seasonal Fruit  	<b>Veggie Substitute Meal</b> Great Northern Beans Broccoli Yellow Squash Roll Applesauce Seasonal Fruit  Cube Steak w/ Gravy Oven Browned Potatoes Green Beans Roll Seasonal Fruit Tropical Fruit Whip	Sliced Ham w/ Glaze Black-Eyed Peas Warm Potato Salad Roll Mandarin Oranges Vanilla Pudding w/ Mixed Berries  Fish w/ Red Sauce over Rice Yellow Squash Blueberry Cobbler Caesar Salad Pickled Beets Seasonal Fruit	Chicken Salad Tomato & Cucumber Salad Macaroni Salad Peaches Cottage Cheese Saltime Crackers  Chicken Stroganoff w/ Noodles Cauliflower Carrots Applesauce Seasonal Fruit Brownie	Hamburger Home Fries Baked Beans Bun / Mustard / Ketchup Seedless Watermelon Cherry Yum Yum  Cheesy Beef & Mac Casserole Green Beans Cabbage Tossed Salad Peaches Cherry Gelatin w/ Fruit
6 Meatloaf w/ Gravy Mashed Potatoes Stewed Tomatoes Wheat Roll Seasonal Fruit Waldorf Salad	7 Chicken Filet Diced Potatoes Green Peas Bun / Mayo Packet / Pickle Cup Macaroni Salad Seasonal Fruit	8 Mac & Cheese w/ Ham Green Beans Apple Cobbler Cornbread Broccoli Cauliflower Salad Seasonal Fruit	9 Pulled Pork BBQ Black-Eyed Peas Collard Greens Bun Sweet & Coleslaw Seasonal Fruit	10 Chicken & Rice Casserole Broccoli Apple Crisp Roll Cucumber Tomato Salad Seasonal Fruit
13 Smothered Hamburger Patty Turnip Greens Rice Tropical Fruit Salad Three Bean Salad Vanilla Pudding	14 Veal Parmesan Spinach Corn Tossed Salad & Dressing Seasonal Fruit Chocolate Pudding	15 Carved Turkey & Dressing w/ Gravy Mashed Potatoes Green Beans Roll Carrot Raisin Salad Seasonal Fruit	16 Sliced Ham w/ Glaze Broccoli Carrots Whole Wheat Roll Macaroni Salad Peaches	17 Pinto Beans over Rice Collard Greens Blueberry Crisp Cornbread Broccoli Cauliflower Salad Pineapple Delight
20 Chicken & Biscuit Pan Pie Cabbage Green Beans Seasonal Fruit Fruit Gelatin Vanilla Wafers	21 Stoppio Joe Squash & Zucchini Ranch Potatoes Bun Coleslaw Seasonal Fruit	22 Chicken Parmesan Roasted Sweet Potatoes Spinach Roll Garden Ranch Pasta Salad Seedless Watermelon	23 Beef Stroganoff over Noodles Squash Medley Baked Apples w/ Raisins Marinated Vegetable Salad Seasonal Fruit Cookie	24 *MENU IS SUBJECT TO CHANGE WITHOUT NOTICE
27 Smothered Hamburger Patty Turnip Greens Rice Tropical Fruit Salad Three Bean Salad Vanilla Pudding	28 Stoppio Joe Squash & Zucchini Ranch Potatoes Bun Coleslaw Seasonal Fruit	29 Chicken Parmesan Roasted Sweet Potatoes Spinach Roll Garden Ranch Pasta Salad Seedless Watermelon	30 Beef Stroganoff over Noodles Squash Medley Baked Apples w/ Raisins Marinated Vegetable Salad Seasonal Fruit Cookie	3 Hamburger Home Fries Baked Beans Bun / Mustard / Ketchup Seedless Watermelon Cherry Yum Yum

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.

### September Sip, Sup, & Shop



**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)

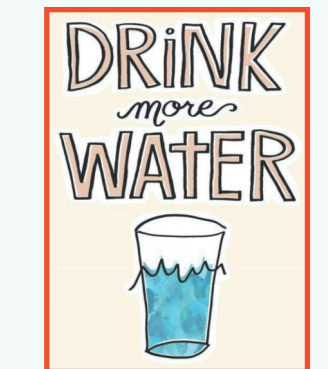


Join us in supporting local businesses by sipping, supping, and shopping in Rowan County this month. We have partnered with 37 local restaurants and shops to support their businesses. In turn, these businesses support meals for homebound seniors in Rowan County. Many of the businesses will either be hosting "Give Back" days or sponsoring a week or month of meals for our senior meal recipients.



For a complete list of participating shops and restaurants, check our website at [www.mowrowan.org/sipsupshop](http://www.mowrowan.org/sipsupshop) or our social media pages. Be on the lookout for posters around town. 2020 was a challenging year for everybody, and we want to continue to support local businesses. We encourage everyone to let the restaurants and shops know you support Meals on Wheels Rowan!

**Please support the local businesses that contribute to Meals on Wheels Rowan!**



It's important to drink plenty of water year round, not just during hot weather!

**Our Office will be CLOSED Monday, Sept. 6 There will be no**



**meal delivery on that day.**

We're sure many of you have seen the national news reports of pandemic-related shortages affecting restaurants across the country. Unfortunately, K&W Cafeteria is also experiencing disruptions in their supply chain. Until supplies rebound and transportation improves, we will adapt. Menus may change.



We appreciate your understanding.

*Thank You!*

# MEAL RECIPIENT

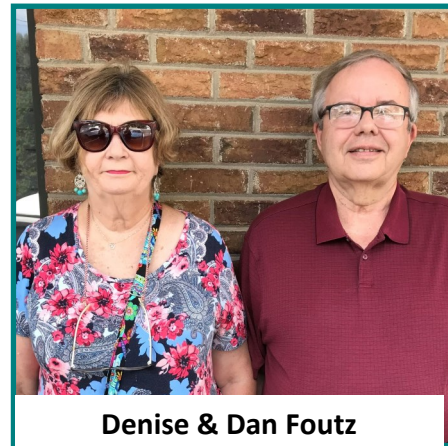


# BIRTHDAYS!

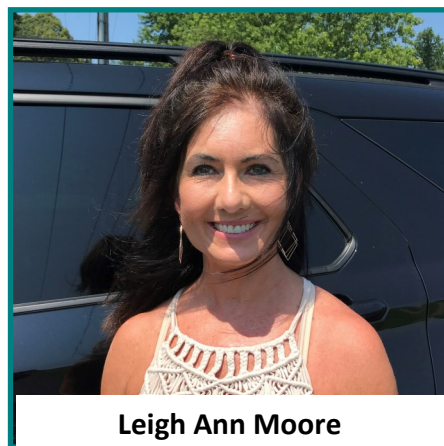
- 1st Jarvis McConneaughey
- 2nd Marie Lowery
- 12th James Klutz
- 13th Hodge Evans
- Deborah Borders
- Terry Bond
- Bernice Graham
- 15th William Messer
- 16th Betty Rice
- Geraldine Chambers
- Elizabeth Overcash
- Linda Albright
- 18th Gary Trexler
- 20th Jean Childers
- Betty Zimmerman
- 24th Mary Snow
- Castell Rolle
- Brenda Pressley
- 28th Cathy Huggins
- Bobby Daniel



# Celebrating Our Volunteers!



Denise & Dan Foutz



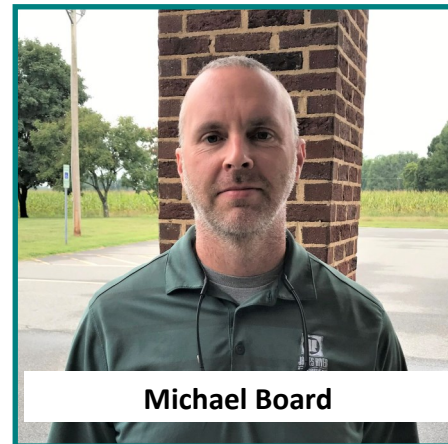
Leigh Ann Moore

Welcome new volunteers!

Delivering our Cleveland route are **Denise & Dan Foutz** and **Leigh Ann Moore**.

**Michael Board** is delivering the Hwy 150 route.

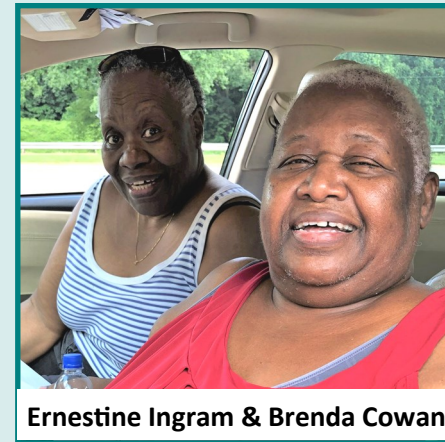
**Nancy & Douglas Foxworth** join the **Franklin Presbyterian Church** team.



Michael Board



Nancy & Douglas Foxworth



Ernestine Ingram & Brenda Cowan

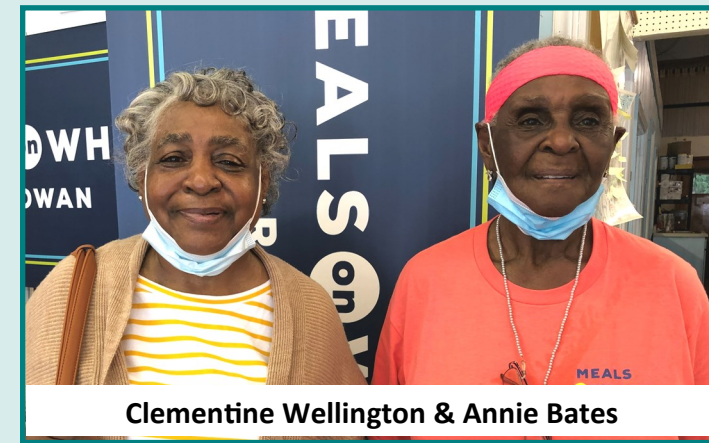


Chris Russel & Carolyn Holmes



Ed & Ann Lanear

We are so thankful for the volunteer teams from **Trinity Presbyterian** and **Ardis Chapel AME Zion Churches** who partner to deliver every 5th Wednesday and 5th Friday. Delivering recently for Trinity Presbyterian: **Ernestine Ingram, Brenda Cowan, Chris Russel, Carolyn Holmes, Ed & Ann Lanear, Clementine Wellington**, and Coordinator **Annie Bates**. Representing Ardis Chapel: **Dennis Brown**. Coordinator **Mary Marlin**, and **Monica Green**.



Clementine Wellington & Annie Bates



Dennis Brown, Mary Marlin, Monica Green



C.J. Moody & Alex Bruce



Robin Swanson



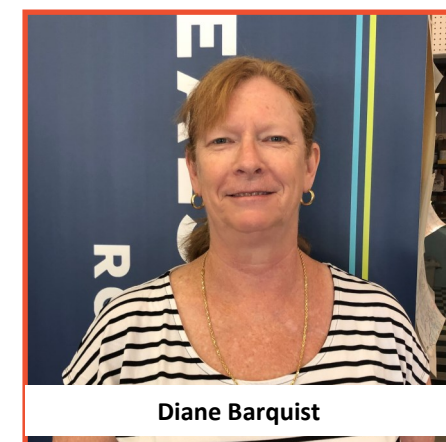
Tricia Manick & Betsy Cunningham

**C.J. Moody & Alex Bruce** deliver as part of the Trinity Oaks delivery team.

**Robin Swanson, Tricia Manick & Betsy Cunningham** are part of the **St. Luke's Episcopal Church** team.

**Diane Barquist** joins the **Lake** delivery team.

**Beth Bates** delivers as part of the **Thyatira Presbyterian Church** team.



Diane Barquist



Beth Bates

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