

Feburary 2024, Kenosha County Meals on Wheels

HH-MOW

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
	<u>MEALS SUBJECT TO CHANGE WITHOUT NOTICE</u>		Breakfast Omelette Hash Brown Potatoes Biscuit Apple Juice, Yogurt Fresh Orange	Swedish Meatball/Gravy Mashed Potatoes Broccoli Bread Fresh Melon
5	6	7	8	9
Pork Roast w/gravy Au Gratin Potatoes Peas and Carrots Wheat Bread Whole Apple	Cheddar Broccoli Chicken Rice Casserole Cauliflower Whole Wheat Roll Warm Pear & Cranberry Crumble	Salisbury Steak & Gravy Mashed Potatoes Corn Dinner Roll Pineapple Tidbits	Hot Dog Wheat Bun Oven Fries Bean Casserole Banana	Shaved Pork W/ mediterranean sauce Scalloped potatoes Brussel sprouts Bread/applesauce
12	13	14	15	16
Roast Turkey & Gravy Baked Sweet Potatoes Mixed Vegetables Bread Stuffing Chef's Fruit	Spaghetti & Meatballs Mixed Salad Greens Multi Grain Bread Warm Peach Cobbler	Lasagna with Alfredo Sauce Broccoli /Chef's choice Wheat bread Oatmeal raisin cookie	Baked Chicken & Gravy Mashed Potatoes Cauliflower & Red Peppers Wheat Bread Mandarin Oranges	Citrus Alaskan Pollock Vegetable Rice Pilaf Country Blend Veg Dinner Roll Chick Pea Salad Fresh Melon
19	20	21	22	23
Hot Roast Beef Mashed Potatoes & Gravy Peas & Carrots Wheat Bread Fresh Orange	BBQ Riblet Oven Fries Corn & Black Bean Salad Wheat Bun Whole apple	Turkey w/ Cheddar Sauce Vegetable Rice Pilaf Broccoli/Biscuit Chef's Fruit Oatmeal Raisin Cookie	Western Strata Bake Hash Browned Potatoes Maple Glazed Pears Raisin Bread/Banana Cranberry Juice	Eggplant Parmesan Penne w/Marinara Squash Medley Vienna Bread Chilled Peaches
26	27	28	29	
Sliced Bavarian Style Brat Diced Parslied Potatoes Carrots Rye Bread Fresh Melon	Chicken Chardonnay Mashed Potatoes Broccoli/Orange Bread Chocolate Pudding	Texas Chili Mac and Cheese Country Blend Veggies Multigrain Bread Fruit Cup	Veal Marsala Scalloped potatoes Multigrain bread Chilled pears	



Food Safety Tips

As we age, our immune system naturally declines. Foodborne illnesses can have a greater impact on us when we are older. Therefore, proper food safety practices, which are always important, becomes even more critical for seniors.

In addition to selecting quality ingredients and making sure your water is safe and clean, there are four easy and universal steps you can follow to decrease the risk of spreading harmful germs through food. The more you become familiar with these four steps, the better off you will be.

- Clean
- Separate
- Cook
- Chill



Food safety challenge

Clean—wash hands in warm water for 20 seconds, then dry with a clean towel.

Be sure to wash hands after using the restroom, changing tasks or handling raw meat.

Use different cutting boards, knives and other utensils when switching from preparing raw animal products.

Store raw meat lower in the fridge than ready-to-eat foods

Cook animal products to the proper temperature is a sure way to eliminate many harmful bacteria. Use a meat thermometer and don't rely only on the look of the product. Proper internal temperatures are:

- ♦ 145 for fish, ham, whole cuts of beef, pork, veal and lamb
- ♦ 160 for ground meats
- ♦ 165 for poultry

Be aware of the temperature 'danger zone' for food (40—140 degrees). Refrigerate foods in the fridge within 2 hours of finishing cooking

Thaw foods in the fridge or in cold running water. Never thaw food on the counter.



Friendly Reminders for your Meal Delivery

- Please be home to receive your meal and be near the door for meal delivery. We cannot leave the meal without a recipient.
- Cancellations must be made 24 hours in advance by 9:00 a.m. the day before you wish to cancel. We are closed on weekends, so Monday cancellations must be called in by 9:00 a.m. the Friday before.
- Drivers cannot pass messages to the office. Please call the office if you have any questions.

Our meals are "Heart Healthy", meaning that they are low fat, low cholesterol, no added salt and serving no fried foods. If you have other needs not met by the above diets, please ask.



Winter Deliveries

- Keep walkway and steps cleared of ice and snow so our volunteer drivers can safely deliver meals
- Know your limitations regarding snow removal, ask a loved one for assistance if needed
- On snow days tune to local radio station **WLIP 1050 AM** for potential delivery cancellations

For Meals on Wheels information, please call 658-3508