


August 2010 Evening Meals on Wheels Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 - Whole Grain Spaghetti w/Meat sauce Steamed Spinach Apricots Baker's Choice	3 - Pork Cutlet Baked Potato Green Beans & Tomatoes Tossed Salad Jell-O Cup	4 - Chicken w/Wild Rice Steamed Carrots Cranberry Sauce Gourmet Cheese & Crackers	5 - Turkey ala King w/Rice Peas & Onions Fruit Cocktail Tapioca Pudding	6 - Baked Ham Scalloped Potatoes Brussel Sprouts Cookies
9 - Macaroni & Cheese Steamed Broccoli Baked Beans Chocolate Mousse	10 - Sweet & Sour Chicken w/Rice Steamed Asparagus Egg Roll Garden Salad Blueberry Yogurt Parfait	11 - Pot Roast w/ Natural Gravy Mashed potatoes Vegetable Medley Assorted Pies	12 - Stuffed Pork Chop Baby Red Potatoes Cauliflower w/Cheese Grape Clusters	13 - Fried Chicken Scalloped Potatoes Brussel Sprouts Cookies Cookies
16 - Kielbasa & Sauerkraut German Potato Salad Beets Pistachio Delight	17 - Beef Nacho Casserole Sweet corn Purple Plums Tossed Salad Chocolate Brownie	18 - Chicken Scampi Steamed Carrots Sliced Peaches Dream Bar	19 - Smoked Meatloaf Mashed Potatoes Steamed Broccoli Apple Cobbler w/ Cream Cheese Frosting	20 - Creamed Tuna over Biscuits Steamed Asparagus Pineapple Chunks Cookies
23 - BBQ Pork loin Hash Browns Mixed Vegetables Whole Fruit	24 - Chicken Chop Suey Green Beans Almandine Mandarin Oranges Coleslaw Baker's Choice	25 - Beef Bourguignon w/Wild Rice Cauliflower w/Cheese Fruit Cocktail Butterscotch Pudding	26 - Turkey Divan w/Rice Peas & Carrots Cranberry Sauce Oreo Delight	27 - Stuffed Green Peppers Brussel Sprouts Apricots Cookies
30 - Hamburger Goulash Sweet Corn Sliced Pears Carrot Cake	31 - Chicken Creole w/Rice Three-Bean Medley Apple Sauce Garden Salad Mocha Cappuccino Mousse		Entrée Alternative of Month: Spaghetti & Meatballs	

Order or cancel any meal(s) by NOON the day before by calling (608) 204-0923.
Office hours are Monday thru Friday, 9:30 am-6:00 pm. Cancellations MUST be made at least 24 hours in advance to avoid charges.
Menus are subject to change without notice.



Independent Living, Inc.

Evening Meals on Wheels

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Evening Meals on Wheels offers an option for those who would like to have meals on the weekend. These meals will be prepared fresh in our kitchen and will meet the same high quality standards to which you have become accustomed. **These meals are refrigerated and delivered cold.**

The tray with the hot food items needs to be **reheated in a microwave oven**. Be sure to **poke a hole in the cover with a fork**. All microwave ovens **vary in cooking times**; try heating your meal for 2 minutes, then check the temperature of your meal. Continue cooking for 1-2 minutes if it is not heated thoroughly.

Cold salad plate meals are not to be heated, but served chilled.

If you would like to place an order or have any questions, please call our Evening Meals on Wheels office at 608-204-0923.

Thursday Delivery	Option A	Friday Delivery	Option B
August 5	House Salmon Fillets	August 6	Cheese Stuffed Tortellini
August 12	Crab Cakes w/Sweet Corn Relish	August 13	Grilled Chicken BLT Salad
August 19	Swiss Steak	August 20	Chicken Almond Salad
August 26	Meat Lover's Steak Strata	August 27	Sirloin Caesar Salad

All meals are served with assorted bread and butter and a dessert.



Stay Cool!

Stay Hydrated



60-70% of our body is water. When we do not provide an adequate amount of water our bodies become dehydrated.

Signs and Symptoms of dehydration

- **Thirst**
- **Loss of Appetite**
- **Dry Skin**
- **Skin Flushing**
- **Dark Colored Urine**
- **Dry Mouth**
- **Fatigue or Weakness**
- **Increased heart rate**
- **Decreased urination**
- **Extreme fatigue**
- **Muscle cramps**
- **Headaches**
- **Confusion**

Tips to remain hydrated



Have a cup or bottle that you use daily to remind yourself to drink.



**When you are thirsty-drink!
Our bodies are designed to let us know when we are thirsty-do not ignore what your body is saying!**



**Have a goal of what to drink everyday.
Your water needs change daily, however having a baseline goal will help to insure adequate water intake daily. 64 oz or 8 glasses of water a day is often recommended*.**

***If you have any underlying medical conditions please talk to your doctor before increasing your fluid intake.**