



**MEALS ON WHEELS**  
DURHAM

919-667-9424

## MEALS ON WHEELS OF DURHAM

March 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b> <b>Chicken Francese</b> Rice Broccoli Peaches Roll	<b>2</b> <b>Beef Chili Mac</b> WG Noodle California Veggies Fruit Compote Garlic Roll	<b>3</b> <b>Glazed Ham</b> Sweet Potatoes Green Beans Orange Roll	<b>4</b> <b>Chicken Bayou</b> Rice Greens Warm Apple Sauce Breadstick	<b>5</b> <b>Roasted Turkey w/Gravy</b> Sweet Potatoes Green Beans Apple Juice Dressing	<b>6</b> <b>BBQ Chicken</b> Boiled Potatoes Broccoli Banana Roll	<b>7</b> <b>Biscuits &amp; Gravy</b> Eggs Spinach Apple Juice Biscuit
<b>8</b> <b>Citrus Tarragon Chicken</b> Navy Beans Carrots Pineapple Garlic Bread	<b>9</b> <b>Southern Style Beans and Rice</b> Rice Greens Fruit Compote Garlic Roll	<b>10</b> <b>Irish Stew</b> Potatoes & Carrots Cabbage Spiced Peaches Cornbread	<b>11</b> <b>Turkey Tetrazzini</b> Carrots Spiced Pineapple Roll	<b>12</b> <b>Meatloaf</b> Mashed Potatoes Green Beans Pears Sourdough	<b>13</b> <b>Hamburger</b> Baked eans Confetti Corn Apple juice Bun	<b>14</b> <b>Chicken &amp; Dumplings</b> Zucchini Appple Compote Apple Juice
<b>15</b> <b>Meatball Stogonoff</b> Noodles Mixed Veg Apples Sauce Roll	<b>16</b> <b>Curry Chicken</b> Rice Peas Orange Roll	<b>17</b> <b>Country Fried Steak</b> Mashed Potatoes Seasoned Greens Mandarin Oranges	<b>18</b> <b>Crab Cake</b> Cream Corn Broccoli Banana Garlic Roll	<b>19</b> <b>Chicken Parmesan</b> Butter Noodles California Veg Blend Apple Juice	<b>20</b> <b>Chicken &amp; Rice Casserole</b> Rice in Casserole Broccoli Spiced Apples Roll	<b>21</b> <b>Omlet</b> Spinich Hashbrown Apple Juice Biscuit
<b>22</b> <b>Hamburger Steak w/ Gravy &amp; Onions</b> Rice Pilaf Green Beans Pears Wheat Roll	<b>23</b> <b>Jerk Chicken</b> Rice Pilaf Peas & Carrots Apple Juice Wheat Roll	<b>24</b> <b>BBQ Pulled Pork</b> Sweet Potatoes Southern Greens Apple Juice White Roll	<b>25</b> <b>Sheppards Pie w/</b> Potatoes & Peas Cabbage Apple Compote	<b>26</b> <b>Chicken Alfredo</b> Broccoli Sliced Apples & Raisens Sourdough	<b>27</b> <b>Chicken Pot Pie</b> Carrots Sliced Peaches Biscuit	<b>28</b> <b>Eggs</b> Spinach/Potatoes Apple Juice Pancake w/ Sausage
<b>29</b> <b>3 Bean Chili</b> Carrots Spiced Pineapple Cornbread	<b>30</b> <b>Cheeseburger</b> Bakes Beans Corn Mandarin Oranges Burger Bun	<b>31</b> <b>BBQ Chicken</b> Black Beans Red Cabbage Banana Hushpuppy				