



MEALS ON WHEELS
DURHAM

919-667-9424

MEALS ON WHEELS OF DURHAM

March 2023

FROZEN MEALS MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27 Salsbury Steak Rice Broccoli Orange Roll Milk	28 Glazed Ham Sweet Potatoes Green Beans Peach Cup Roll Milk	1 Chicken & Biscuit Dumpling California Blend Banana Roll Milk	2 Chicken n Waffles Roasted Potatoes Greens Banana Roll Milk	3 Bratwurst w/ Peppers & Onions Baked Beans Pickled Beets Orange Roll	4 Baked Chicken w/ Gravy Stuffing Broccoli Fruit Cup Roll Milk	5 Chicken Tenders Potato Wedge Green beans Orange No Bread Milk
6 BBQ Pork Black Eyed Peas Spinach Banana Roll Milk	7 Cheeseburger Baked Beans Corn Orange Burger Bun Milk	8 Rosemary Chicken Rice Zucchini Mandarins Roll Milk	9 Edish with Mushroom Gr Mashed Potatoes California Blend Peaches Roll Milk	10 Chicken Fajitas Skille Hee Haw Veggies Rice & Black Beans Peaches Tortilla Milk	11 Chicken Parmesan Noodles Mixed Veg Mandarin Roll	12 Cheese Pizza Corn Green Beans Applesauce No Bread
13 Beef Chili (Beans in Chili) Mixed Vegetables Fruit Compote Roll	14 Crispy Chicken Sandwich Sweet Potatoes Green Beans Mandarin Cup Bun Milk	15 Beef Spaghetti (Spaghetti Noodle) Mixed Veggies Spiced Pears Roll Milk	16 Beef & Broccoli Stir Fry Rice Sesame Green Beans Orange Roll Milk	17 Chicken Drummie Baked Beans Cabbage Peach No Bread Milk	18 BBQ Chicken Roasted Potatoes Broccoli Orange Roll Milk	19 Beef Spaghetti Spaghetti Noodle Mixed Veggies Spiced Peaches Garlic Roll Milk
20 Baked Chicken w/ Gravy Stuffing Broccoli Fruit Cup Roll Milk	21 Chicken Tenders Potato Wedge Green beans Orange No Bread Milk	22 Cheese Ravioli w/ Meat Sauce any Zuchini & Tomato Spiced Apples Garlic Bread Milk	23 BBQ Chicken Black Eyed Peas Collards Applesauce Cup Cornbread Milk	24 Sloppy Joes Roasted Potatoes Carrots Banana Hamburger Bun Milk	25 Beef Spaghetti (Spaghetti Noodle) Mixed Veggies Spiced Pears Roll Milk	26 Beef Chili (Beans in Chili) Mixed Vegetables Fruit Compote Roll Milk
27 Salisbury Steak w/ onion gravy Rice Broccoli Orange Roll	28 Glazed Ham Sweet Potatoes Green Beans Almondin Peach Cup Roll Milk	29 Chicken & Biscuit Dumpling California Blend Banana Roll MILK	30 Chicken n Waffles Roasted Potatoes Greens Banana Roll MILK	31 Bratwurst w/ Peppers & Onions Baked Beans Pickled Beets Orange Roll	1	2