



MEALS ON WHEELS
DURHAM

919-667-9424

MEALS ON WHEELS OF DURHAM

March 2023

HOT MEALS MENU

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