



**MEALS ON WHEELS**  
DURHAM  
919-667-9424

**MEALS ON WHEELS OF DURHAM**

**May 2021**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>3</b> <b>Hamburger Steak w/ Gravy &amp; Onions</b> Rice Pilaf Green Beans Orange Wheat Roll	<b>4</b> <b>Jerk Chicken</b> Rice Pilaf Peas & Carrots Apple Juice Wheat Roll	<b>5</b> <b>Red Eye Mac &amp; Cheese</b> Peas Spiced Pears Breadstick	<b>6</b> <b>Sloppy Joe</b> Corn Apple Compote Hamburger Bun	<b>7</b> <b>Chipped Beef on Toast</b> Broccoli Spiced Apples & Raisin Sourdough	<b>8</b> <b>Chicken Pot Pie</b> Potatoes in pie Carrots Sliced Peaches Biscuit	<b>9</b> <b>Eggs W. Sausage</b> Potatoes Spinach Apple Juice Pancake w/ Sausage <b>HAPPY MOTHERS DAY</b>
<b>10</b> <b>Mini Corn Dogs</b> Summer Squash Cheesy Potatoes Mixed Fruit No Bread	<b>11</b> <b>Cheeseburger</b> Bakes Beans Corn Orange Roll	<b>12</b> <b>SW Chicken</b> Rice Black Beans Banana Roll	<b>13</b> <b>Baked Spaghetti</b> Noodles Mixed Veggies Warm Peaches Garlic Bread	<b>14</b> <b>Sweet &amp; Sour Chicken</b> Fried Rice Mixed Veggies Mixed Fruit No Bread	<b>15</b> <b>Mac &amp; Cheese</b> <b>Garlicky Broccoli</b> Spiced Pears & Craisens Garlic Roll	<b>16</b> <b>Chicken &amp; Waffles</b> Greens Spiced Apples Waffle Biscuit
<b>17</b> <b>Chicken Cacciatore</b> <b>Rice</b> Broccoli Banana Roll	<b>18</b> <b>Hungarian Goulash</b> WG Noodle California Veggies Fruit Compote Garlic Roll	<b>19</b> <b>Polish Sausage &amp; Peppers</b> Rice Carrots Cinnamon Apples <b>Roll</b>	<b>20</b> <b>3 Cheese Ravioli w/ Meat Sauce</b> Zucchini Sliced Peaches Breadstick	<b>21</b> <b>Chicken Parmesan</b> Butter Noodle California Veg Blend Orange No Bread	<b>22</b> <b>BBQ Chicken</b> Boiled Potatoes Broccoli Peaches Roll	<b>23</b> <b>Biscuits &amp; Gravy</b> Eggs Spinach Apple Juice Biscuit
<b>24</b> <b>Lemon Pepper Chicken</b> Lima Beans Carrots Banana Garlic Bread	<b>25</b> <b>Salisbury Steak</b> Mashed Potatoes Green Beans Orange Sourdough	<b>26</b> <b>Crispy Inside Out Cordon Bleu</b> Brown Rice Pilaf Broccoli Apple Sauce No Bread	<b>27</b> <b>Chicken &amp; Dumplings</b> Zucchini Apple Compote No Bread	<b>28</b> <b>Southern Style Beans and Rice</b> Rice Greens Fruit Compote Garlic Roll	<b>29</b> <b>Hamburger</b> Baked Beans Confetti Corn Apple Juice Burger Bun	<b>30</b> <b>Chicken Noodle Casserole</b> Broccoli Sliced Apples Roll
<b>31</b> <b>Baked Zitti &amp; Meatballs</b> Noodles & Mixed Veg Warm Cinnamon Apples Roll <b>MOW CLOSED</b> <b>NO DELIVERY</b>	<b>1</b> <b>Marsala Chicken</b> Brown Rice Pilaf Garlic Broccoli Orange No Bread	<b>2</b> <b>BBQ Pulled Pork Mashed Potatoes</b> Southern Greens Banana White Roll	<b>3</b> <b>Crispy Pollock</b> Baked Beans Cabbage Mandarins Garlic Roll	<b>4</b> <b>Glazed Ham</b> Sweet Potatoes Green Beans Orange Roll	<b>5</b> <b>Turkey Tetrazzini</b> Carrots Spiced Pineapple Roll	<b>6</b> <b>Omelet</b> Spinach Hash brown Apple Juice Biscuit

**MEALS ON WHEELS WILL BE CLOSED MONDAY MAY 31, 2021 in obervance of Memorial Day. There will be no delivery on this day. We will resume regular delivery on TUESDAY JUNE 1, 2021.**