



MEALS ON WHEELS OF DURHAM

919-667-9424

FROZEN MEALS MENU

May 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 Jerk Chicken Jamaican Brown Rice Pease & Carrots Applesauce Wheat Roll	3 Chicken Chow Mein (Noodles) Sesame Green Beans Spiced Pineapple Roll	4 Mac n Cheese Peas Spiced Peaches Breadstick	5 Mushroom Swiss Burger Sweet Potatoes Spinach Banana Rye Bread	6 Cheesy Chicken & Broccoli Casserole (Rice in Casserole) Seasoned Greens Fruit Cobbler Roll	7 Beef Chili (Beans in Chili) Mixed Veg Fruit Compote Roll	8 BBQ Chicken Black Eyed Peas Seasoned Greens Banana Cornbread
9 Hamburger Steak Rice Green Beans Mandarin Cup Roll	10 Chicken Stroganoff Noodles Seasoned Greens Fruit Cobbler Roll	11 Lemon Pepper Chicken Navy Beans Green Beans Banana Sourdough	12 Cheese Ravioli w/ Marinara WG Noodle Glazed Carrots Fruit Compote Garlic Roll	13 Fried Chicken Drummie Baked Beans Spiced Cabbage Apple Juice Roll	14 BBQ Chicken Roasted Potatoes Broccoli Orange Roll Garlic Roll	15 Beef Spaghetti Spaghetti Noodle Mixed Veggies Spiced Peaches Garlic Roll
16 Mini Corn Dogs Boiled Potatoes Spinach Mandarin Cup	17 Beef Spaghetti Spaghetti Noodle Mixed Veggies Spiced Pears Garlic Roll	18 Orange Chicken Fried Rice Stir Fry Veg Applesauce	19 Kielbasa & Cabbage Potatoes Spiced Apples Roll	20 Glazed Ham Sweet Potatoes Green Bean Almandine Apple Juice	21 Produce Box Distribution All Clients	22 Cheese Ravioli w/ Marinara WG Noodle Glazed Carrots Fruit Compote Garlic Roll
23 Beef Chili (Beans in Chili) Mixed Veg Fruit Compote Roll	24 Southern Chicken Mashed Potatoes Green Beans Peach Cup No Bread	25 Cheeseburger Baked Beans Corn Orange Burger Bun	26 BBQ Chicken Black Eyed Peas Seasoned Greens Banana Cornbread	27 Vegetable Lasagna Green Beans Spiced Peaches Garlic Bread		28 Mini Corn Dogs Boiled Potatoes Spinach Mandarin Cup
30 Jerk Chicken Jamaican Brown Rice Pease & Carrots Applesauce Wheat Roll MOWD CLOSED	31 Chicken Chow Mein (Noodles) Sesame Green Beans Spiced Pineapple Roll	1 Mac n Cheese Peas Spiced Peaches Breadstick	2 Mushroom Swiss Burger Sweet Potatoes Spinach Banana Rye Bread	3 Cheesy Chicken & Broccoli Casserole (Rice in Casserole) Seasoned Greens Fruit Cobbler Roll	4 Beef Chili (Beans in Chili) Mixed Veg Fruit Compote Roll	5 BBQ Chicken Black Eyed Peas Seasoned Greens Banana Cornbread

In an effort to keep Meals on Wheels Durham clients and volunteers safe, please notify our office or your Wellness Caller IMMEDIATELY after testing positive for COVID-19. As a reminder, please wear your mask during deliveries.