



MEALS ON WHEELS
DURHAM

919-667-9424

MEALS ON WHEELS OF DURHAM

May 2023

FROZEN MEALS MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Chicken, Broccoli & Rice Casserole Corn Bun Orange Milk	2 Cheeseburger Baked Beans Corn Orange Milk	3 Rosemary Chicken Rice Zuchini Mandarin Cup Roll Milk	4 Swedish Meatballs w. Mushroom Gravy Mashed Potatoes California Blend Roll Peach Cup	5 Chicken Drummie Cabbage Baked Beans Peach Milk	6 Chicken Tenders Dirty Rice Peas and Onions Applesauce BBQ Sauce Milk	7 Chrispy Chicken Sandwich Sweet Potatoes Green Beans Bun Peach Cup
8 Chicken, Broccoli & Rice Casserole Seasoned Greens Fruit Cobbler Roll Milk	9 Glazed Ham Green Bean Almondine Mashed Potatoes Peach Cup Roll Milk	10 Orange Chicken Fried Rice Sesame Green Beans Apple Sauce Cup No Bread Milk	11 Italian Meatballs with Mariana Carrots Pear Cobbler Roll Milk	12 Chicken Drummie Cabbage Baked Beans Peach Milk	13 Chicken Tenders Dirty Rice Peas and Onions Applesauce BBQ Sauce Milk	14 Hamburger Baked Beans Corn Bun Orange Milk
15 Beef Chili Mixed Veggies Fruit Compote Roll Milk	16 Crispy Chicken Sandwich Sweet Potatoes Green Beans Mandarin Cup Bun Milk	17 Baked Spaghetti (Spaghetti Noodle) Mixed Veggies Cinnamon Peaches Roll Milk	18 Red Eye MacnCheese Spinach Spiced Fruit Sourdough Milk	19 Chicken Parmesan Noodles Carrots Applesauce Milk	20 Chicken Drummie Cabbage Baked Beans Peach Milk	21 Italian Meatballs with Mariana Carrots Pear Cobbler Roll Milk
22 Baked Chicken w/ Gravy Wild Rice Pilaf Carrots Banana Roll	23 Chicken Tenders Dirty Rice Peas&Onions Applesauce BBQ Sauce Milk	24 Chicken Corn Chowder Carrots Spiced Apples Roll Milk	25 BBQ Chicken Black Eyed Peas Zuchini Orange Roll Milk	26 Cheeseburger Baked Beans Corn Bun Orange Milk	27 Beef Spaghetti (Spaghetti Noodle) Mixed Veggies Cinnamon Peaches Roll Milk	28 Beef Chili (Beans in Chili) Mixed Vegetables Fruit Compote Roll Milk
29 Chicken & Waffle Collards Mac n Cheese Orange Syrup MOWD CLOSED	30 Pulled BBQ Chicken Black Eyed Peas Zuchini Banana Roll Milk	31 Baked Ziti Mixed Veggies Cinnamon Applesauce Roll Milk	1 Hamburger Steak w. Onion Gravy Rice Broccoli Orange Roll	2 Mini Corn Dog Spinach Boiled Potatoes Mandarin Milk	3 Chicken Tenders Dirty Rice Peas & Onions Applesauce Cup BBQ Sauce Milk	4 Chrispy Chicken Sandwich Sweet Potatoes Green Beans Bun Peach Cup