



MEALS ON WHEELS
DURHAM

919-667-9424

MEALS ON WHEELS OF DURHAM

June 2022

FROZEN MEALS MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 Jerk Chicken Jamaican Brown Rice Pease & Carrots Applesauce Wheat Roll	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
6 Hamburger Steak Rice Green Beans Mandarin Cup Roll	7 Chicken Stroganoff Noodles Seasoned Greens Fruit Cobbler Roll	8 Lemon Pepper Chicken Navy Beans Green Beans Banana Sourdough	9 Cheese Ravioli w/ Marinara WG Noodle Glazed Carrots Fruit Compote Garlic Roll	10 Fried Chicken Drummie Baked Beans Spiced Cabbage Apple Juice Roll	11 BBQ Chicken Roasted Potatoes Broccoli Orange Roll Garlic Roll	12 Beef Spaghetti Spaghetti Noodle Mixed Veggies Spiced Peaches Garlic Roll
13 Mini Corn Dogs Boiled Potatoes Spinach Mandarin Cup	14 Beef Spaghetti Spaghetti Noodle Mixed Veggies Spiced Pears Garlic Roll	15 Orange Chicken Fried Rice Stir Fry Veg Applesauce	16 Kielbasa & Cabbage Potatoes Spiced Apples Roll	17 Glazed Ham Sweet Potatoes Green Bean Almandine Apple Juice	18 Chicken Stroganoff Noodles Seasoned Greens Fruit Cobbler Roll	19 Cheese Ravioli w/ Marinara WG Noodle Glazed Carrots Fruit Compote Garlic Roll
20 Beef Chili (Beans in Chili) Mixed Veg Fruit Compote Roll MOWD CLOSED	21 Southern Chicken Mashed Potatoes Green Beans Peach Cup No Bread	22 Cheeseburger Baked Beans Corn Orange Burger Bun	23 BBQ Chicken Black Eyed Peas Seasoned Greens Banana Cornbread	24 Vegetable Lasagna Green Beans Spiced Peaches Garlic Bread	25 Mini Corn Dogs Boiled Potatoes Spinach Mandarin Cup	26 Orange Chicken Fried Rice Stir Fry Veg Applesauce
27 Jerk Chicken Jamaican Brown Rice Pease & Carrots Applesauce Wheat Roll	28 Chicken Chow Mein (Noodles) Sesame Green Beans Spiced Pineapple Roll	29 Mac n Cheese Peas Spiced Peaches Breadstick	30 Mushroom Swiss Burger Sweet Potatoes Spinach Banana Rye Bread	1 Cheesy Chicken & Broccoli Casserole (Rice in Casserole) Seasoned Greens Fruit Cobbler Roll	2 Beef Chili (Beans in Chili) Mixed Veg Fruit Compote Roll	3 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.