



MEALS ON WHEELS  
DURHAM

919-667-9424

## MEALS ON WHEELS OF DURHAM

### HOT MEALS MENU

June 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>30</b> <b>Beef Chili</b> (Beans in Chili) Mixed Veg Fruit Compote Roll	<b>31</b> <b>Southern Chicken</b> Mashed Potatoes Green Beans Peach Cup No Bread	<b>1</b> <b>Cheeseburger</b> Baked Beans Corn Orange Burger Bun	<b>2</b> <b>BBQ Chicken</b> Black Eyed Peas Seasoned Greens Banana Cornbread Garlic Roll	<b>3</b> <b>Vegetable Lasagna</b> Green Beans Spiced Peaches Garlic Bread	<b>4</b>	<b>5</b>
<b>6</b> <b>Jerk Chicken</b> Jamaican Brown Rice Pease & Carrots Applesauce Wheat Roll	<b>7</b> <b>Chicken Chow Mein</b> (Noodles) Sesame Green Beans Spiced Pineapple Roll	<b>8</b> <b>Mac n Cheese</b> Peas Spiced Peaches Breadstick	<b>9</b> <b>Mushroom Swiss Burger</b> Sweet Potatoes Spinach Banana Rye Bread	<b>10</b> <b>Cheesy Chicken &amp; Broccoli Casserole</b> (Rice in Casserole) Seasoned Greens Fruit Cobbler Roll	<b>11</b>	<b>12</b>
<b>13</b> <b>Hamburger Steak</b> Rice Green Beans Mandarin Cup Roll	<b>14</b> <b>Chicken Stroganoff</b> Noodles Seasoned Greens Fruit Cobbler Roll	<b>15</b> <b>Lemon Pepper Chicken</b> Navy Beans Green Beans Banana Sourdough	<b>16</b> <b>Cheese Ravioli</b> w/ Marinara WG Noodle Glazed Carrots Fruit Compote Garlic Roll	<b>17</b> <b>Fried Chicken Drummie</b> <b>Backed Beans</b> Spiced Cabbage Apple Juice Roll	<b>18</b>	<b>19</b>
<b>20</b> <b>Mini Corn Dogs</b> Boiled Potatoes Spinach Mandarin Cup  <b>MOWD CLOSED</b>	<b>21</b> <b>Beef Spaghetti</b> Spaghetti Noodle Mixed Veggies Spiced Pears Garlic Roll	<b>22</b> <b>Orange Chicken</b> Fried Rice Stir Fry Veg Applesauce	<b>23</b> <b>Kielbasa &amp; Cabbage</b> Potatoes Spiced Apples Roll	<b>24</b> <b>Glazed Ham</b> Sweet Potatoes Green Bean Almandine Apple Juice Roll	<b>25</b>	<b>26</b>
<b>27</b> <b>Beef Chili</b> (Beans in Chili) Mixed Veg Fruit Compote Roll	<b>28</b> <b>Southern Chicken</b> Mashed Potatoes Green Beans Peach Cup No Bread	<b>29</b> <b>Cheeseburger</b> Baked Beans Corn Orange Burger Bun	<b>30</b> <b>BBQ Chicken</b> Black Eyed Peas Seasoned Greens Banana Cornbread Garlic Roll	<b>1</b> <b>Vegetable Lasagna</b> Green Beans Spiced Peaches Garlic Bread	<b>2</b>	<b>3</b>

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.