

## MEALS ON WHEELS OF DURHAM

July 2021

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

Meals on Wheels of Durham works hard to deliver nutritious lunches to hundreds of clients on Mondays. We understand that sometimes, emergencies arise that require our clients to cancel their meals, or miss a delivery. We also understand that sometimes, things happen that will prevent you from being home to receive your meal: doctor's appointments, a visit from a relative or friend, an opportunity to go out. We order meals from our caterer the Wednesday in advance of Monday delivery so that they have time to prepare hundreds of lunches. As we enter the new fiscal year July 1, 2021 we offer a gentle reminder if you cannot be home on Monday, please inform the Wednesday Wellness Caller to cancel your meal. You may also inform your social worker, or contact our office directly at 919-667-9424 to let us know if you will not be home.