



MEALS ON WHEELS  
DURHAM

919-667-9424

## MEALS ON WHEELS OF DURHAM

### FROZEN MEALS MENU

July 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>11</b> <b>Hamburger Steak</b> w/onion gravy Rice Broccoli Mandarin Cup Wheat Roll	<b>12</b> <b>Chicken &amp; Waffles</b> Mac & Cheese Greens Orange Waffle	<b>13</b> <b>Lemon Pepper Chicken</b> Pesto Pasta Green Beans Banana Sourdough	<b>14</b> <b>Chicken Parmesan</b> WG Noodle Glazed Carrots Peaches	<b>15</b> <b>Hawaiian Meatball</b> <b>Coconut Rice</b> Carrots Mixed Fruit Cup Roll	<b>16</b> <b>Cheesy Chicken Casserole</b> (Beans in Chili) Mixed Veg Fruit Compote Roll	<b>17</b> <b>Chicken Drummie</b> Baked Beans Cabbage Apple Juice
<b>18</b> <b>SW Chicken</b> <b>Black Beans</b> Confetti Corn Banana Garlic Bread	<b>19</b> <b>Beef Spaghetti</b> Spaghetti Noodles Mixed Veggie  Spiced Pears Roll	<b>20</b> <b>Orange Chicken</b> Fried Rice Sesame Green beans  Applesauce	<b>21</b> <b>Fried Chicken Drummie</b> Baked Beans Spiced Cabbage  Apple Juice	<b>22</b> <b>Pork Chop</b> Sweet Potatoes Brussel Sprouts Apple Juice Hawaiian Roll	<b>23</b> <b>Lemon Pepper Chicken</b> Pesto Pasta Green Beans Banana Sourdough	<b>24</b> <b>Hawaiian Meatball</b> <b>Coconut Rice</b> Carrots Mixed Fruit Cup Roll
<b>25</b> <b>Cheeseburger</b> Baked Beans Corn Orange Burger Bun	<b>26</b> <b>Southern Chicken</b> Mashed Potatoes Green Beans  Peach Cup	<b>27</b> <b>Roast Beef</b> Boiled Potatoes Carrots  Berries Roll	<b>28</b> <b>Chicken Alfredo</b> (Noodle) Spinach Banana Roll	<b>29</b> <b>Turkey w/ Gravy</b> Sweet Potatoes Green Bean Casserole Melon Roll	<b>30</b> <b>Beef Spaghetti</b> Spaghetti Noodles Mixed Veggie  Spiced Pears Roll	<b>31</b> <b>Orange Chicken</b> Fried Rice Sesame Green beans  Applesauce
<b>1</b> <b>Curry Chicken</b> Brown Rice Garden Peas Applesauce Roll	<b>2</b> <b>Country Fried Steak</b> Mashed Potatoes Green Beans Orange	<b>3</b> <b>Beefy Mac</b> Noodles Broccoli Spiced Peaches & Pears Sourdough	<b>4</b> <b>BBQ Turkey Burger</b> Sweet Potatoes Spinach Banana Hamburger Bun	<b>5</b> <b>Tuna Noodle Casserole</b> Noodles Seasoned Greens Spiced Apples Roll	<b>6</b> <b>Chicken Alfredo</b> (Noodle) Spinach Banana Roll	<b>7</b> <b>Cheeseburger</b> Baked Beans Corn Orange Burger Bun
<b>8</b> <b>Rosemary Baked Chicken</b> Wild Rice Pilaf Carrots Banana Roll	<b>9</b> <b>Seafood Alfredo</b> Pasta Spinach Apple Juice Roll	<b>10</b> <b>Jerk Chicken</b> Jamaican Brown Rice Peas & Corn Applesauce Wheat Roll	<b>11</b> <b>BBQ Chicken</b> Black Eyed Peas Zucchini Orange Roll	<b>12</b> <b>Kielbasa Sausage</b> <b>w/ Peppers &amp; Onions</b> Potatoes Broccoli & Cheese Peach Hoagie Roll	<b>13</b> <b>Chicken Drummie</b> Baked Beans Cabbage Apple Juice	<b>14</b> <b>Chicken Stroganoff</b> Greens Fruit Cobbler Roll

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.