



MEALS ON WHEELS
DURHAM

919-667-9424

MEALS ON WHEELS OF DURHAM

HOT MEALS MENU

July 2022

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

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.