



**MEALS ON WHEELS**  
DURHAM

919-667-9424

## MEALS ON WHEELS OF DURHAM

August 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>2</b> Smothered Chicken Rice Broccoli Apple Juice Roll	<b>3</b> Hawaiian Meatballs Coconut Rice Stir Fry Veg Orange Garlic Roll	<b>4</b> Taco Chicken Rice Confetti Corn Banana Tortilla	<b>5</b> Mushroom & Spinach Alfredo (Pasta in Alfredo) Zucchini Apple Compote No Bread	<b>6</b> Chicken Picatta Noodles Mixed Veg Applesauce Roll	<b>7</b> Hamburger Baked Beans Confetti Corn Apple Juice Burger Bun	<b>8</b> Tuna Noodle Casserole (Noodle in Casserole) Broccoli Spiced Apples Roll
<b>9</b> Southern Style Beans & Rice Rice Greens Fruit Compote Garlic Roll	<b>10</b> Jerk Chicken Jamaican Brown Rice Pease and Carrots Banana Wheat Roll	<b>11</b> Cheeseburger Baked Beans Corn Orange Bun	<b>12</b> Hunan Tofu Fried Rice Stir Fry Veg Apple Sauce Garlic Roll	<b>13</b> Veggie Lasagna Garlic Broccoli Spiced Peaches Garlic Roll	<b>14</b> Mac n Cheese Garlicy Broccoli Spiced Pears & Craisins Garlic Roll	<b>15</b> Apple Braised Pork Mashed Potato Greens Mixed Fruit Roll
<b>16</b> Chili Potato Boat (Potato) California Blend Spiced Pears Roll	<b>17</b> Sweet & Sour Chicken Fried Rice Mixed Vegetables Orange No Bread	<b>18</b> Baked Spaghetti Noodles Mixed Veggies Warm Peaches Garlic Bread	<b>19</b> Rosemary Chicken Carrots Lima Beans Banana Garlic Bread	<b>20</b> Red Eye Mac n Cheese Peas Spiced Pears Breadstick	<b>21</b> Cheese Pizza Carrots Apple Sauce No Bread	<b>22</b> SW Chicken Rice Black Beans Apple Juice Garlic Bread
<b>23</b> Hamburger Steak w/ Gravy & Onions Rice Green Beans Mandarin Orange Wheat Roll	<b>24</b> Curry Tofu Rice Broccoli Banana Roll	<b>25</b> Hamburger Mac WG Noodle California Veggies Fruit Compote Garlic Roll	<b>26</b> Crispy Pollock Baked Beans Cabbage Orange Sourdough	<b>27</b> 3 Cheese Ravioli w/ Marinara Zucchini Spiced Peaches Breadstick	<b>28</b> Turkey & Gravy Sweet Potatoes Green Beans Spiced Apples Garlic Roll Waffle	<b>29</b> Chicken & Waffles Greens Spiced Apples Waffle Biscuit
<b>30</b> Mini Corn Dogs Summer Squash Cheesy Potatoes Mixed Fruit No Fruit	<b>31</b> BBQ Chicken Boiled Potatoes Broccoli Banana Roll	<b>1</b> Salisbury Steak Mashed Potatoes Green Beans Orange Sourdough	<b>2</b> Hearty Lentil Soup Peas and Carrots Spiced Pears Cornbread	<b>3</b> Chicken Corn Chowder Potatoes & Corn in Chowder Carrots Spiced Apples	<b>4</b> Crispy Chicken Sandwich Roasted Potatoes California Veg Mandarins Bun	<b>5</b> Sausage and Gravy Biscuit Spinach Fruit Compote No Bread

Meals on Wheels Durham will be closed Monday September 6, 2021 in observance of Labor Day.