



MEALS ON WHEELS OF DURHAM

919-667-9424

FROZEN MEALS MENU

September 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29 Cheeseburger Baked Beans Corn Orange Burger Bun	30 Southern Chicken Mashed Potatoes Green Beans Peach Cup No Bread	31 Roast Beef Boiled Potatoes Carrots Berries Roll	1 Chicken Alfredo (Noodle) Spinach Banana Roll	2 Turkey w/ Gravy Sweet Potatoes Green Bean Casserole Melon Roll	3 Beef Spaghetti Spaghetti Noodles Mixed Veggie Spiced Pears Roll	4 Orange Chicken Fried Rice Sesame Green beans Applesauce No Bread
5 Labor Day MOWD CLOSED	6 Country Fried Steak Mashed Potatoes Green Beans Orange No Bread	7 Beefy Mac Noodles Broccoli Spiced Peaches & Pears Sourdough	8 BBQ Turkey Burger Sweet Potatoes Spinach Banana Hamburger Bun	9 Tuna Noodle Casserole Noodles Seasoned Greens Spiced Apples Roll	10 Chicken Alfredo (Noodle) Spinach Banana Roll	11 Cheeseburger Baked Beans Corn Orange Burger Bun
12 Rosemary Baked Chicken Wild Rice Pilaf Carrots Banana Roll	13 Seafood Alfredo Pasta Spinach Apple Juice Roll	14 Jerk Chicken Jamaican Brown Rice Peas & Corn Applesauce Wheat Roll	15 BBQ Chicken Black Eyed Peas Zucchini Orange Roll	16 Kielbasa Sausage w/ Peppers & Onions Potatoes Broccoli & Cheese Peach Hoagie Roll	17 Chicken Drummie Baked Beans Cabbage Apple Juice No Bread	18 Chicken Stroganoff Greens Fruit Cobbler Roll
19 Hamburger Steak w/onion gravy Rice Broccoli Mandarin Cup Wheat Roll	20 Chicken & Waffles Mac & Cheese Greens Orange Waffle	21 Lemon Pepper Chicken Pesto Pasta Green Beans Banana Sourdough	22 Chicken Parmesan WG Noodle Glazed Carrots Peaches No Bread	23 Hawaiian Meatball Coconut Rice Carrots Mixed Fruit Cup Roll	24 Cheesy Chicken Casserole Greens Fruit Cobbler Roll	25 Chicken Drummie Baked Beans Cabbage Apple Juice No Bread
26 SW Chicken Black Beans Confetti Corn Banana Garlic Bread	27 Beef Spaghetti Spaghetti Noodles Mixed Veggie Spiced Pears Roll	28 Orange Chicken Fried Rice Sesame Green beans Applesauce	29 Fried Chicken Drummie Baked Beans Spiced Cabbage Apple Juice No Bread	30 Pork Chop Sweet Potatoes Brussel Sprouts Apple Juice Hawaiian Roll	1 Lemon Pepper Chicken Pesto Pasta Green Beans Banana Sourdough	2 Hawaiian Meatball Coconut Rice Carrots Mixed Fruit Cup 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.