



MEALS ON WHEELS OF DURHAM

919-667-9424

HOT MEALS MENU

September 2022

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

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.