



MEALS ON WHEELS OF DURHAM

919-667-9424

FROZEN MEALS MENU

November 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31 Cheeseburger Baked Beans Corn Orange Burger Bun	1 Glazed Ham Mashed Potatoes Green Beans Almandine Peach Cup Roll	2 Turkey w/ Gravy Sweet Potatoes Green Bean Casserole Fruit Cobbler Roll	3 Chicken Biscuit Dumplings California Veg Banana Roll	4 Roast Beef Boiled Potatoes Carrots Fruit Cup Roll	5 Beef Spaghetti Spaghetti Noodles Mixed Veggie Spiced Pears Roll	6 Brunswick Stew Potatoes in Stew Broccoli w/ Cheese Cinnamon Peaches Cornbread
7 Crispy Chicken Sandwich Sweet Potatoes Green Beans Peach Cup	8 Red Eye Mac & Cheese Noodles Spinach Spiced Pears & Peaches Sourdough	9 Sloppy Joes Glazed Carrots Roasted Peppers Mandarins Bun	10 White Bean & Sausage Stew Broccoli Banana Hushpuppy	11 Chicken Drummie Baked Beans Cabbage Peach	12 Cheeseburger Baked Beans Corn Orange Burger Bun	13 Chicken Alfredo (Noodle) Spinach Banana Roll
14 Hamburger Steak w/onion gravy Rice Broccoli Mandarin Cup Wheat Roll	15 Chicken & Waffles Mac & Cheese Greens Orange Waffle	16 Beef Chili Beans in Chili Mixed Veg Fruit Compote Roll	17 Chicken Parmesan WG Noodle Italian Squash & Tomatoes Banana	18 Meatloaf Mashed Potatoes Green Beans Peaches Roll	19 Sloppy Joes Glazed Carrots Roasted Peppers Mandarins Bun	20 Chicken Drummie Baked Beans Cabbage Peach
21 White Bean & Chicken Chili Carrots Sliced Apples Cornbread Wheat Roll	22 Beef Spaghetti Spaghetti Noodles Mixed Veggie Spiced Pears Roll	23 Orange Chicken Fried Rice Sesame Green beans Applesauce	24 Brunswick Stew Potatoes in Stew Broccoli w/ Cheese Cinnamon Peaches Cornbread MOWD CLOSED	25 Braised Pork Sweet Potatoes Brussel Sprouts Apple Juice Hawaiian Roll MOWD CLOSED	26 Beef Chili Beans in Chili Mixed Veg Fruit Compote Roll	27 Chicken & Waffles Mac & Cheese Greens Orange Waffle
28 Cheeseburger Baked Beans Corn Orange Burger Bun	29 Glazed Ham Mashed Potatoes Green Beans Almandine Peach Cup Roll	30 Turkey w/ Gravy Sweet Potatoes Green Bean Casserole Fruit Cobbler Roll	1 Chicken Biscuit Dumplings California Veg Banana Roll	2 Roast Beef Boiled Potatoes Carrots Fruit Cup Roll	3 Beef Spaghetti Spaghetti Noodles Mixed Veggie Spiced Pears Roll	4 Brunswick Stew Potatoes in Stew Broccoli w/ Cheese Cinnamon Peaches Cornbread

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.