



# MEALS ON WHEELS OF DURHAM

919-667-9424

## HOT MEALS MENU

November 2022

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

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.