



MEALS ON WHEELS
DURHAM
919-667-9424

MEALS ON WHEELS OF DURHAM

DECEMBER 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	1 Curry Chicken Rice Peas Orange Roll	2 Country Fired Streak Mashed Potatoes Seasoned Greens Mandarin Oranges	3 Crab Cake Cream Corn Broccoli Banana Garlic Roll	4 Chicken Parmesan Butter Noodles California Veg Blend Apple Juice	5 Chicken & Rice Casserol Broccoli Slice Apples	6 Omelet Spinach Hasbrown Apple Juice Biscuit
7 Hamburger Steak w/ Gravy & Onions Rice Pilaf Green Beans Pears Wheat Roll	8 Jerk Chicken Rice Pilaf Peas & Carrots Apple Juice Wheat Roll	9 BBQ Pulled Pork Sweet Potatoes Southern Greens Apple Juice White Roll	10 Sheppards Pie w/ Potatoes & Peas Cabbage Apple Compote	11 Chicken Alfredo Broccoli Sliced Apples & Raisens Sourdough	12 Chicken Pot Pie Carrots Sliced Peaches Biscuit	13 Eggs Spinach/Potatoes Apple Juice Pancake w/ Sausage
DEADLINE FOR HOLIDAY HOT MEAL REQUEST						
14 3 Bean Chilli Carrots Spiced Pineapple Corn Bread	15 Cheeseburger Bakes Beans Corn Mandarin Oranges Burger Bun	16 BBQ Chicken Black Beans Red Cabbage Banana Hushpuppy	17 Baked Spaghetti Mixed Veggies Warm Peaches Garlic Bread	18 Sweet & Sour Chicken Rice Mixed Veg Peaches	19 Mac & Chees Garlic Broccoli Spiced Pears & Craisins Garlic Roll	20 Turkey Divan Casserole Butter Noodles Broccoli in Divan Spiced Apples Roll
21 Chicken Francessee Rice Broccoli Peaches Roll	22 Beef Chilli Mac WG Noodle California Veg Fruit Compote Garlic Roll	23 Glazed Ham Sweet Potatoes Green Beans Orange Roll	24 Chicken Bayou Rice Greens Warm Apple Sauce Breadstick	25 Roasted Turkey w/ Gravy & Dressing Sweet Potatoes Green Beans Apple Juice	26 BBQ Chicken Boiled Potatoes Broccoli Banana Roll	27 Biscuits & Gravy Eggs Spinach Apple Juice Biscuit
28 Citrus Tarragon Chicken Francessee Navy Beans Carrots Pineapple Garlic Bread	29 Sputthern Style Beans & Rice Greens Fruit Compote Garlic Roll	30 Irish Stew Potatoes & Carrots Cabbage Spiced Peaches Cornbread	31 Turkey Tetrzzini Carrots Spiced Pineapple Roll	1 Meatloaf Mashed Potatoes Green Beans Pears Sourdough	2 Hamburger Baked eans Confetti Corn Apple juice Bun	3 Chicken & Dumplings Zucchini Appple Compote Apple Juice
			MOW Office Closed	MOW Office Closed		
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