



MEALS ON WHEELS  
DURHAM

919-667-9424

# MEALS ON WHEELS OF DURHAM

## FROZEN MEALS MENU

February 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>30 Salisbury Steak</b> Rice Broccoli Orange Roll Milk	<b>31 Glazed Ham</b> Sweet Potatoes Green Beans Peach Cup Roll Milk	<b>1 Chicken &amp; Biscuit Dumpling</b> California Blend Banana Roll Milk	<b>2 Chicken n Waffles</b> Roasted Potatoes Greens Banana Roll Milk	<b>3 Bratwurst</b> w/ Peppers & Onions Baked Beans Pickled Beets Orange Roll	<b>4 Baked Chicken w/ Gravy</b> Stuffing Broccoli Fruit Cup Roll Milk	<b>5 Chicken Tenders</b> Potato Wedge Green beans Orange No Bread Milk
<b>6 BBQ Pork</b> Black Eyed Peas Spinach Banana Roll Milk	<b>7 Cheeseburger</b> Baked Beans Corn Orange Burger Bun Milk	<b>8 Rosemary Chicken</b> Rice Zucchini Mandarins Roll Milk	<b>9 Edish with Mushroom Gr</b> Mashed Potatoes California Blend Peaches Roll Milk	<b>10 Chicken Fajitas Skille</b> Hee Haw Veggies Rice & Black Beans Peaches Tortilla Milk	<b>11 Chicken Parmesan</b> Noodles Mixed Veg Mandarin Roll	<b>12 Cheese Pizza</b> Corn Green Beans Applesauce No Bread
<b>13 Beef Chili</b> (Beans in Chili) Mixed Vegetables Fruit Compote Roll	<b>14 Crispy Chicken Sandwich</b> Sweet Potatoes Green Beans Mandarin Cup Bun Milk	<b>15 Beef Spaghetti</b> (Spaghetti Noodle) Mixed Veggies Spiced Pears Roll Milk	<b>16 Beef &amp; Broccoli Stir Fry</b> Rice Sesame Green Beans Orange Roll Milk	<b>17 Chicken Drummie</b> Baked Beans Cabbage Peach No Bread Milk	<b>18 BBQ Chicken</b> Roasted Potatoes Broccoli Orange Roll Milk	<b>19 Beef Spaghetti</b> Spaghetti Noodle Mixed Veggies Spiced Peaches Garlic Roll Milk
<b>20 Baked Chicken w/ Gravy</b> Stuffing Broccoli Fruit Cup Roll Milk	<b>21 Chicken Tenders</b> Potato Wedge Green beans Orange No Bread Milk	<b>22 Cheese Ravioli</b> w/ Meat Sauce any Zuchini & Tomato Spiced Apples Garlic Bread Milk	<b>23 BBQ Chicken</b> Black Eyed Peas Collards Applesauce Cup Cornbread Milk	<b>24 Sloppy Joes</b> Roasted Potatoes Carrots Banana Hamburger Bun Milk	<b>25 Beef Spaghetti</b> (Spaghetti Noodle) Mixed Veggies Spiced Pears Roll Milk	<b>26 Beef Chili</b> (Beans in Chili) Mixed Vegetables Fruit Compote Roll Milk
<b>27 Salisbury Steak</b> w/ onion gravy Rice Broccoli Orange Roll	<b>28 Glazed Ham</b> Sweet Potatoes Green Beans Almondin Peach Cup Roll Milk	<b>1 Chicken &amp; Biscuit Dumpling</b> California Blend Banana Roll Milk	<b>2 Chicken n Waffles</b> Roasted Potatoes Greens Banana Roll Milk	<b>3 Bratwurst</b> w/ Peppers & Onions Baked Beans Pickled Beets Orange Roll	<b>4 Baked Chicken w/ Gravy</b> Stuffing Broccoli Fruit Cup Roll Milk	<b>5 Chicken Tenders</b> Potato Wedge Green beans Orange No Bread Milk