



MEALS ON WHEELS  
DURHAM

919-667-9424

## MEALS ON WHEELS OF DURHAM

### HOT MEALS MENU

February 2023

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