

Meals on Wheels of Durham

919-667-9424

July 2017

Monday	Tuesday	Wednesday	Thursday	Friday
3-Jul	4-Jul	5-Jul	6-Jul	7-Jul
Closed Double Shelf Stable Meal was provided on June 26	Closed Double Shelf Stable Meal was provided on June 26	Pesto Cheese Tortellini w/ Rosato Sauce Broccoli Warm Apples & Raisins Sourdough Milk	Chicken Dijon Black Eyed Peas Garlic Spinach Ambrosia Sourdough Milk	Fish Sticks Boiled Potatoes Mixed Veggies Apple Sauce Wheat Roll Milk
10-Jul	11-Jul	12-Jul	13-Jul	14-Jul
Ham & Cheese Omelet Grits Spiced Peaches Pancake w/ syrup Milk Orange Juice	Cheese Burger Baked Beans Corn Mandarins Burger Bun Milk	Chicken Florentine Cavitappi Pasta Carrots Pineapple Wheat Roll Milk	BBQ Pork Riblet Rice Cabbage Ambrosia Cornbread Stick Milk	Country Fried Steak Mashed Potatoes Green Beans Orange Sliced Bread Milk
17-Jul	18-Jul	19-Jul	20-Jul	21-Jul
Baked Spaghetti Mixed Veggies Warm Peaches White Roll Milk	Chicken Stir-Fry Brown Rice Glazed Carrots Pineapple Sourdough Bread Milk	Sweet & Sassy Meatloaf Mashed Potatoes Green Beans Fantasy Fruit Sliced Wheat Bread Milk	Chicken Alfredo Broccoli Spiced Apples Sourdough Bread Milk	Pork Chop Vera Cruz Cream Corn Zucchini Banana White Roll Milk
22-Jul	23-Jul	24-Jul	25-Jul	26-Jul
Chicken Parmesan Noodles California Blend Veggies Orange Garlic Bread Milk	Sloppy Joe Roasted Potatoes Cabbage Banana Bun Milk	Chicken Aloha Hawaiian Baked Beans Dill Carrot Mandarins Sourdough Milk	Meatloaf Mashed Potatoes Green Beans Pears Sourdough Milk	Red Beans & Rice w/ Turkey Sausage Stewed Tomatoes w/ Okra Spiced Apples Wheat Roll Milk
31-Jul				
Beef Brisket Yellow Rice Broccoli Fantasy Fruit Cornbread Milk				