

**June 2017**  
**Meals on Wheels of Durham**  
**919-667-9424**  
**Monthly Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
			1-Jun	2-Jun
			Meatloaf Mashed Potatoes Green Beans  Pears Sourdough  Milk	Red Beans & Rice w/ Turkey Sausage (Rice & Beans)  Stewed Potatoes w/okra  Spiced Apples Wheat Roll Milk
5-Jun	6-Jun	7-Jun	8-Jun	9-Jun
Country Fried Steak  Mashed Potatoes Green Beans Orange  Sliced Bread Milk	Sliced Ham w/ Brown sugar Glaze Sweet Potatoes Peas Fantasy Fruit  Sourdough Bread Milk	Italian Meatballs Spaghetti Noodles  California Veggies Pears  White Bread Milk	Chicken Creole  Paprika Rice Confetti Corn Peaches  Cornbread Stick Milk	BBQ Pulled Chicken  Boiled Potatoes Cabbage Orange  Hushpuppy Milk
12-Jun	13-Jun	14-Jun	15-Jun	16-Jun
Chicken Tenders  Dirty Rice Pinto Beans Banana  Wheat Roll Milk	Pork Pizzaioli  Garlic Mashed Potatoes Carrots Mandarins Sliced Bread Milk	Pesto Cheese Tortellini w/Rosato Sauce  Broccoli Warm Apples & Raisin  Sourdough Milk	Chicken Dijon  Black Eyed Peas Garlic Spinach Ambrosia  Wheat Roll Milk	Fish Sticks  Boiled Potatoes Mixed Veggies Apple Sauce  Wheat Roll Milk
19-Jun	20-Jun	21-Jun	22-Jun	23-Jun
Ham & Cheese Omelet Dirty Rice Pinto Beans Banana  Wheat Roll Milk	Cheese Burger Baked Beans Corn  Mandarins  Burger Bun Milk	Chicken Florentine Cavitappi Pasta  Pinapple  Wheat Roll Milk	BBQ Pork Riblet Rice Cabbage  Ambrosia  Cornbread Stick Milk	Crab Cake Roasetd Potatoes Garlic Green Beans  Yogurt & Pears  Wheat Bread Milk
26-Jun	27-Jun	28-Jun	29-Jun	30-Jun
Baked Spaghetti Noodles Mixed Vegetables  Warm Peaches  White Roll Milk	Orange Chicken Fried Rice Sesame Green Beans  Pinapple & Yogurt  Sourdough Bread Milk & Apple Juice	Mini-Corn Dogs Roasted Potatoes Garden Peas  Peaches  Wheat Roll Milk	Chicken Alfredo Pasta Broccoli  Sourdough Bread Milk	Pork Chop Vera Cruz Cream Corn Zucchini  Banana  White Roll Milk

