

MEALS ON WHEELS OF DURHAM
HOME DELIVERED MEALS - NOVEMBER 2018 - UPDATED!



Important Policies:

***Be home between
 10:00 am and 12:30 pm
 Monday - Friday to receive
 your meal.***

*Call us to cancel by **noon**
 the day before delivery.*

*Do you have a doctor's
 appointment this month?*

*Call us **today** to let us
 know when you won't be
 home!*

***If you are not home and
 have not cancelled your
 meal in advance, your
 service could be
 stopped.***

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
For health and safety: Refrigerate any uneaten food immediately!			1 Meatball Stroganoff Noodles Italian Mixed Veggies Apple Sauce Whole Wheat Roll	2 Southern Chicken n' Gravy Black Eyed Peas Garlic Spinach Orange
5 Honey Glazed Pork Chop Green Beans Harvard Beets Peaches Wheat Roll	6 Cheese Ravioli w/ Meat Sauce Broccoli Spiced Pears Whole Wheat Roll	7 Stuffed Peppers Carrots Spiced Pineapple Sliced White Bread	8 Chicken Parmesan Butter Noodles 5-Way Veggies Apple Juice	9 Country Fried Steak Mashed Potatoes Seasoned Greens Mixed Fruit Cup
12 Beef Stew w/ Potatoes & Carrots Brussel Sprouts Fruit Compote Wheat Roll	13 Lemon Rosemary Chicken Navy Beans Carrots Pineapple Garlic Bread	14 Cheeseburger Mac Zucchini & Tomatoes Warm Apple Sauce Veggie Juice Medley	15 Sweet & Sassy Meatloaf Mashed Potatoes Collard Greens Banana Sliced Wheat Bread	16 Baked Ham Sweet Potatoes Green Beans Ambrosia Roll
19 Salisbury Steak w/ Gravy & Onions Brown Rice Pilaf Carrots Pineapple & White Roll	20 Chicken 'n' Waffles Turnip Greens Spiced Apples Veggie Juice	21 Roast Turkey w/ Gravy Mac 'n' Cheese Green Beans Ambrosia Corn Bread	22 <u>Thanksgiving Meal</u> <i>Please tell us if you'll be home!</i> Delivered by our friends at Durham Rescue Mission	23 <u>MOW Office Closed</u> A shelf-stable meal will be delivered in advance for this day.
26 Smoked Sausage Roasted Potatoes Summer Squash Ambrosia Whole Wheat Roll	27 Chicken 'n' Dumplings Sautéed Spinach Spiced Apples Veggie Juice	28 Crab Cake w/ Lemon Sauce Corn & Ratatouille Banana Veggie Juice	29 BBQ Chicken Thighs Lima Beans Dill Carrots Oranges Wheat Roll	30 Meatloaf Mashed Potatoes Green Beans Pears Sourdough Bread

All meals include 2% milk.

Menu items are subject to change at any time

