



**MEALS ON WHEELS**  
DURHAM

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# MEALS ON WHEELS OF DURHAM

## FROZEN MEALS MENU

October 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>4</b> <b>Mini Corn Dogs</b> Summer Squash Cheesy Potatoes Mixed Fruit No Bread	<b>5</b> <b>BBQ Chicken</b> Boiled Potatoes Broccoli Banana Roll	<b>6</b> <b>Salisbury Steak</b> Mashed Potatoes Green Beans Orange Sourdough	<b>7</b> <b>Hearty Lentil Soup</b> Peas & Carrots Spiced Peaches Cornbread	<b>8</b> <b>Chicken Corn Chowder</b> Potatoes & Corn in Chowder Carrots Spiced Apples	<b>9</b> <b>Crispy Chicken Sandwich</b> Roasted Potatoes California Veg Mandarins Bun	<b>10</b> <b>Sausage and Gravy Biscuit</b> Spinach Fruit Compote No Bread
<b>11</b> <b>Chicken Tenders</b> Dirty Rice Peas & Carrots Applesauce Wheat Roll	<b>12</b> <b>Smoked Sausage &amp; White Bean Stew</b> Spinach Spiced Apples Cornbread	<b>13</b> <b>Crab Cake</b> Cream Corn Broccoli Banana Roll	<b>14</b> <b>Chicken &amp; Broccoli Rice Casserole</b> (Rice in Casserole) (Rice in Casserole) Spiced Pears Roll	<b>15</b> <b>Beef Chili</b> (Beans in Chili) Mixed Vegetables Fruit Compote Wheat Bread	<b>16</b> <b>Beef Stew</b> Potatoes and Carrots Broccoli Warm Peaches Garlic Bread	<b>17</b> <b>Chicken Parm</b> Noodles Zucchini Apple Juice Roll
<b>18</b> <b>Southwest Smothered Chicken</b> Rice Black Beans Peaches Roll	<b>19</b> <b>Cheesy Baked Ziti</b> Zucchini & Tomatoes Spiced Peaches Breadstick	<b>20</b> <b>Tuscan Chicken</b> Roasted Potatoes Broccoli Applesauce Roll	<b>21</b> <b>Sliced Turkey</b> Sweet Potatoes Green Beans Apple Juice Roll	<b>22</b> <b>Chicken &amp; Dumplings</b> (Dumplings) California Veg Blend Spiced Pears Wheat Bread	<b>23</b> <b>Chicken Pot Pie</b> Green Beans Spiced Apples No Bread Garlic Roll	<b>24</b> <b>Turkey Hot Dog</b> Baked Beans Corn Peaches Hot Dog Bun
<b>25</b> <b>White Chicken Chili</b> Beans in Chili Glazed Carrots Spiced Apples Roll	<b>26</b> <b>BBQ Chicken</b> Roasted Root Veg Broccoli Banana Roll	<b>27</b> <b>Mac &amp; Cheese</b> Peas Spiced Pears Breadstick	<b>28</b> <b>Vegetable Lasagna</b> Broccoli Spiced Pears Roll	<b>29</b> <b>Country Fried Steak</b> Mashed Potatoes Seasoned Greens Mandarins Roll	<b>30</b> <b>Brunswick Stew</b> (Potatoes in Stew) Broccoli Spiced Pears Cornbread	<b>31</b> <b>Country Fried Steak</b> Mashed Potatoes Seasoned Greens Applesauce Roll
<b>1</b> <b>Hamburger Steak w/ Gravy &amp; Onions</b> Rice Green Beans Mandarin Orange Wheat Roll	<b>2</b> <b>Baked Chicken</b> Wild Rice Pilaf Carrots Banana Roll	<b>3</b> <b>Beef Chili Mac</b> WG Noodles California Veg Fruit Compote Garlic Roll	<b>4</b> <b>Cheeseburger</b> Baked Beans Corn Orange Burger Bun	<b>5</b> <b>Baked Spaghetti</b> Noodles Broccoli Warm Peaches Breadstick	<b>6</b> <b>Chipped Beef on Toas</b> Roasted Potatoes California Veg Mandarins Bun	<b>7</b> <b>Hearty Lentil Soup</b> Peas and Carrots Spiced Peaches Cornbread