



MEALS ON WHEELS
DURHAM

919-667-9424

MEALS ON WHEELS OF DURHAM

HOT MEALS MENU

October 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4 Chicken Tenders Dirty Rice Peas & Carrots Applesauce Wheat Roll	5 Smoked Sausage & White Bean Stew Spinach Spiced Apples Cornbread	6 Crab Cake Cream Corn Broccoli Banana Roll	7 Chicken & Broccoli Rice Casserole (Rice in Casserole) (Rice in Casserole) Spiced Pears Roll	8 Beef Chili (Beans in Chili) Mixed Vegetables Fruit Compote Wheat Bread	9	10
11 Southwest Smothered Chicken Rice Black Beans Peaches Roll	12 Cheesy Baked Ziti Zucchini & Tomatoes Spiced Peaches Breadstick	13 Tuscan Chicken Roasted Potatoes Broccoli Applesauce Roll	14 Sliced Turkey Sweet Potatoes Green Beans Apple Juice Roll	15 Chicken & Dumplings (Dumplings) California Veg Blend Spiced Pears Wheat Bread	16	17
18 White Chicken Chili Beans in Chili Glazed Carrots Spiced Apples Roll	19 BBQ Chicken Roasted Root Veg Broccoli Banana Roll	20 Mac & Cheese Peas Spiced Pears Breadstick	21 Vegetable Lasagna Broccoli Spiced Pears Roll	22 Country Fried Steak Mashed Potatoes Seasoned Greens Mandarins Roll	23	24
25 Hamburger Steak w/ Gravy & Onions Rice Green Beans Mandarin Orange Wheat Roll	26 Baked Chicken Wild Rice Pilaf Carrots Banana Roll	27 Beef Chili Mac WG Noodles California Veg Fruit Compote Garlic Roll	28 Cheeseburger Baked Beans Corn Orange Burger Bun	29 Baked Spaghetti Noodles Broccoli Warm Peaches Breadstick	30	31
1	2	3	4	5	6	7