

Meals on Wheels Durham - Frozen Meals Menu

February 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
29 Bourbon Chicken Breast Macaroni & Cheese Collard Greens Wheat Bread Tropical Fruit Milk	30 Swiss Steak w/Gravy Whipped Potatoes Harvard Beets Wheat Dinner Roll Fresh Seasonal Fruit Milk	31 Smothered Chicken Breast Mashed Yams Green Beans Wheat Bread Tropical Fruit Milk	1 Spaghetti Casserole Green Peas Glazed Carrots Wheat Dinner Roll Fresh Seasonal Fruit Milk	2 BBQ Pork Riblet Corn O'Brien Broccoli Hamburger Bun Pineapple Tidbits Milk	3 Sweet n Sour Popcorn Chicken Rice Green Peas Wheat Bread Mandarin Oranges Milk	4 Meatballs in Gravy Twice Whipped Potatoes Green Beans Wheat Dinner Roll Apple Juice Milk
5 Meatloaf w/Gravy Whipped Potatoes Glazed Carrots Wheat Dinner Roll Pineapple Tidbits Milk	6 BBQ Pork Roast Baked Pinto Beans Broccoli Wheat Bread Fresh Seasonal Fruit Milk	7 Beef Hamburger Patty Potato Tots Corn Hamburger Bun Fresh Seasonal Fruit Milk Ketchup	8 Baked Chicken Thigh Rice Pilaf Mixed Vegetables Wheat Dinner Roll Tropical Fruit Milk	9 Sweet & Sour Meatballs Brown Rice Green Peas Wheat Bread Apple Juice Milk	10 Pizza Casserole Italian Vegetable Blend Wheat Bread Warm Mixed Fruit Milk	11 Chicken Breast w/Lemon Sauce Whipped Potatoes Capri Vegetable Blend Wheat Dinner Roll Orange Juice Milk
12 Turkey Breast w/Gravy Rice Lima Beans Wheat Dinner Roll Tropical Fruit Milk	13 Macaroni & Cheese Ranch Beans Broccoli Wheat Bread Fresh Seasonal Fruit Milk	14 Chicken Breast w/Cordon Bleu Sauce Whipped Potatoes Lima Beans Wheat Bread Peaches Milk	15 A-1 Chopped Steak w/Gravy Whipped Redskin Potatoes Parslied Carrots Wheat Dinner Roll Fruited Gelatin Milk	16 Teriyaki Chicken Rice Pilaf Mixed Vegetables Wheat Dinner Roll Fresh Seasonal Fruit Milk	17 Taco Meat Mixed Beans Mexican Corn Flour Tortilla Apple Juice Milk	18 BBQ Chicken Patty Crispy Cubed Potatoes Green Beans Hamburger Bun Pineapple Tidbits Milk
19 Salisbury Steak w/Gravy Rice Pilaf Green Peas Wheat Dinner Roll Fresh Seasonal Fruit Milk	20 Ham & White Beans Garlic Whipped Potatoes Collard Greens Cornbread Tropical Fruit Milk	21 Jerk Chicken Thigh Cajun Rice Corn O'Brien Wheat Dinner Roll Cranberry Applesauce Milk	22 Sloppy Joe Baked Pinto Beans Brussels Sprouts Hamburger Bun Fresh Seasonal Fruit Milk	23 Turkey Supreme Confetti Rice Broccoli Wheat Dinner Roll Apple Juice Milk	24 Meat Sauce Parslied Penne Pasta Mixed Vegetables Wheat Dinner Roll Pineapple Tidbits Milk	25 Beef Hamburger Patty Potato Tots Sliced Carrots Hamburger Bun Orange Juice Milk Ketchup
26 Bourbon Chicken Breast Macaroni & Cheese Collard Greens Wheat Bread Tropical Fruit Milk	27 Swiss Steak w/Gravy Whipped Potatoes Harvard Beets Wheat Dinner Roll Fresh Seasonal Fruit Milk	28 Smothered Chicken Breast Mashed Yams Green Beans Wheat Bread Tropical Fruit Milk	29 Spaghetti Casserole Green Peas Glazed Carrots Wheat Dinner Roll Fresh Seasonal Fruit Milk	1 BBQ Pork Riblet Corn O'Brien Broccoli Hamburger Bun Pineapple Tidbits Milk	2 Sweet n Sour Popcorn Chicken Rice Green Peas Wheat Bread Mandarin Oranges Milk	3 Meatballs in Gravy Twice Whipped Potatoes Green Beans Wheat Dinner Roll Apple Juice Milk



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