

Meals on Wheels Durham - Hot Meals Menu

February 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	30	31	1	2
Meatloaf w/Gravy Whipped Potatoes Glazed Carrots Wheat Dinner Roll Pineapple Tidbits Milk	BBQ Pork Roast Baked Pinto Beans Broccoli Wheat Bread Fresh Seasonal Fruit Milk	Beef Hamburger Patty Potato Tots Corn Hamburger Bun Fresh Seasonal Fruit Milk Ketchup	Baked Chicken Thigh Rice Pilaf Mixed Vegetables Wheat Dinner Roll Tropical Fruit Milk	Sweet & Sour Meatballs Brown Rice Green Peas Wheat Bread Apple Juice Milk
5	6	7	8	9
Turkey Breast w/Gravy Rice Lima Beans Wheat Dinner Roll Tropical Fruit Milk	Macaroni & Cheese Ranch Beans Broccoli Wheat Bread Fresh Seasonal Fruit Milk	Chicken Parmesan Penne Noodles Green Beans w/Peppers Wheat Dinner Roll Pineapple Tidbits Milk	A-1 Chopped Steak w/Gravy Whipped Redskin Potatoes Parslied Carrots Wheat Dinner Roll Fruited Gelatin Milk	Teriyaki Chicken Rice Pilaf Mixed Vegetables Wheat Dinner Roll Fresh Seasonal Fruit Milk
12	13	14	15	16
Salisbury Steak w/Gravy Rice Pilaf Green Peas Wheat Dinner Roll Fresh Seasonal Fruit Milk	Ham & White Beans Garlic Whipped Potatoes Collard Greens Cornbread Tropical Fruit Milk	Chicken Breast w/Cordon Bleu Sauce Whipped Potatoes Lima Beans Wheat Bread Peaches Milk	Sloppy Joe Baked Pinto Beans Brussels Sprouts Hamburger Bun Fresh Seasonal Fruit Milk	Turkey Supreme Confetti Rice Broccoli Wheat Dinner Roll Apple Juice Milk
19	20	21	22	23
Bourbon Chicken Breast Macaroni & Cheese Collard Greens Wheat Bread Tropical Fruit Milk	Swiss Steak w/Gravy Whipped Potatoes Harvard Beets Wheat Dinner Roll Fresh Seasonal Fruit Milk	Smothered Chicken Breast Mashed Yams Green Beans Wheat Bread Tropical Fruit Milk	Spaghetti Casserole Green Peas Glazed Carrots Wheat Dinner Roll Fresh Seasonal Fruit Milk	BBQ Pork Riblet Corn O'Brien Broccoli Hamburger Bun Pineapple Tidbits Milk
26	27	28	29	1
Meatloaf w/Gravy Whipped Potatoes Glazed Carrots Wheat Dinner Roll Pineapple Tidbits Milk	BBQ Pork Roast Baked Pinto Beans Broccoli Wheat Bread Fresh Seasonal Fruit Milk	Beef Hamburger Patty Potato Tots Corn Hamburger Bun Fresh Seasonal Fruit Milk Ketchup	Baked Chicken Thigh Rice Pilaf Mixed Vegetables Wheat Dinner Roll Tropical Fruit Milk	Sweet & Sour Meatballs Brown Rice Green Peas Wheat Bread Apple Juice Milk