

Meals on Wheels Durham - Frozen Meals Menu

March 2024



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