

# Meals on Wheels Durham - Hot Meals Menu

March 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
26	27	28	29	1
<b>Meatloaf w/Gravy</b> Whipped Potatoes Glazed Carrots Wheat Dinner Roll Pineapple Tidbits Milk	<b>BBQ Pork Roast</b> Baked Pinto Beans Broccoli Wheat Bread Fresh Seasonal Fruit Milk	<b>Beef Hamburger Patty</b> Potato Tots Corn Hamburger Bun Fresh Seasonal Fruit Milk Ketchup	<b>Baked Chicken Thigh</b> Rice Pilaf Mixed Vegetables Wheat Dinner Roll Tropical Fruit Milk	<b>Sweet &amp; Sour Meatballs</b> Brown Rice Green Peas Wheat Bread Apple Juice Milk
4	5	6	7	8
<b>Turkey Breast w/Gravy</b> Rice Lima Beans Wheat Dinner Roll Tropical Fruit Milk	<b>Macaroni &amp; Cheese</b> Ranch Beans Broccoli Wheat Bread Fresh Seasonal Fruit Milk	<b>Chicken Parmesan</b> Penne Noodles Green Beans w/Peppers Wheat Dinner Roll Pineapple Tidbits Milk	<b>A-1 Chopped Steak w/Gravy</b> Whipped Redskin Potatoes Parslied Carrots Wheat Dinner Roll Fruited Gelatin Milk	<b>Teriyaki Chicken</b> Rice Pilaf Mixed Vegetables Wheat Dinner Roll Fresh Seasonal Fruit Milk
11	12	13	14	15
<b>Salisbury Steak w/Gravy</b> Rice Pilaf Green Peas Wheat Dinner Roll Fresh Seasonal Fruit Milk	<b>Ham &amp; White Beans</b> Garlic Whipped Potatoes Collard Greens Cornbread Tropical Fruit Milk	<b>Jerk Chicken Thigh</b> Cajun Rice Corn O'Brien Wheat Dinner Roll Cranberry Applesauce Milk	<b>Sloppy Joe</b> Baked Pinto Beans Brussels Sprouts Hamburger Bun Fresh Seasonal Fruit Milk	<b>Beef Cabbage Casserole</b> Whipped Potatoes Sliced Carrots Wheat Bread Lime Fruited Gelatin Milk
18	19	20	21	22
<b>Bourbon Chicken Breast</b> Macaroni & Cheese Collard Greens Wheat Bread Tropical Fruit Milk	<b>Swiss Steak w/Gravy</b> Whipped Potatoes Harvard Beets Wheat Dinner Roll Fresh Seasonal Fruit Milk	<b>Smothered Chicken Breast</b> Mashed Yams Green Beans Wheat Bread Tropical Fruit Milk	<b>Spaghetti Casserole</b> Green Peas Glazed Carrots Wheat Dinner Roll Fresh Seasonal Fruit Milk	<b>BBQ Pork Riblet</b> Corn O'Brien Broccoli Hamburger Bun Pineapple Tidbits Milk
25	26	27	28	29
<b>Meatloaf w/Gravy</b> Whipped Potatoes Glazed Carrots Wheat Dinner Roll Pineapple Tidbits Milk	<b>BBQ Pork Roast</b> Baked Pinto Beans Broccoli Wheat Bread Fresh Seasonal Fruit Milk	<b>Beef Hamburger Patty</b> Potato Tots Corn Hamburger Bun Fresh Seasonal Fruit Milk Ketchup	<b>Baked Chicken Thigh</b> Rice Pilaf Mixed Vegetables Wheat Dinner Roll Tropical Fruit Milk	<b>MOWD OFFICE CLOSED</b>