



Meals on Wheels Durham - Frozen Meals Menu

March 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3 Teriyaki Chicken Rice Pilaf Mixed Vegetables Dinner Roll Seasonal Fruit Milk	4 Swiss Steak Mashed Red Potatoes Harvard Beets Wheat Bread Seasonal Fruit Milk	5 Smothered Chicken Egg Noodles Green Beans Texas Bread Pineapple Tidbits Milk	6 Meatballs in Gravy Twice Whipped Potatoes Green Beans Dinner Roll Mixed Fruit Milk	7 Cheese Omelet Hash brown Casserole Stewed Tomatoes Bagel Orange Juice Milk Jelly	8 Sweet n Sour Popcorn Chicken Rice Green Peas Wheat Bread Mandarin Oranges Milk	9 Meat Sauce Parslied Penne Pasta Mixed Vegetables Wheat Dinner Roll Pineapple Tidbits Milk
10 Meatloaf Brown Gravy Whipped Potatoes Glazed Carrots Dinner Roll Mixed Fruit Milk	11 Pork Roast BBQ Sauce Cheesy Rice Green Peas Wheat Bread Fruit Punch Milk	12 Beef Patty Baked Beans Whole Kernel Corn Hamburger Bun Seasonal Fruit Milk Ketchup	13 Baked Chicken Breast Cranberry Sauce Spiced Yams Green Beans Dinner Roll Very Berry Juice Milk	14 Beef Cabbage Casserole Whipped Potatoes Sliced Carrots Texas Bread Pears Milk	15 Pizza Casserole Italian Vegetable Blend Wheat Bread Warm Mixed Fruit Milk	16 Chicken Breast w/Lemon Sauce Whipped Potatoes Capri Vegetable Blend Wheat Dinner Roll Orange Juice Milk
17 Turkey Breast Poultry Gravy Rice Pilaf Mixed Greens Texas Bread Fruit Punch Milk Margarine	18 Macaroni & Cheese Ranch Beans Broccoli Wheat Bread Fresh Fruit Milk	19 Parmesan Chicken Penne Pasta Green Beans w/Peppers Dinner Roll Pineapple Tidbits Milk	20 Taco Meat Mixed Beans Mexican Corn Flour Tortilla Apple Juice Milk	21 BBQ Pork Riblet Corn O'Brien Broccoli Hamburger Bun Seasonal Fruit Milk	22 A-1 Chopped Steak Mashed Red Potatoes Parslied Carrots Dinner Roll Applesauce Milk	23 BBQ Chicken Patty Crispy Cubed Potatoes Green Beans Hamburger Bun Pineapple Tidbits Milk
24 Salisbury Beef Brown Gravy Rice Pilaf Green Peas Dinner Roll Seasonal Fruit Milk	25 Ham & White Beans Garlic Whip Potatoes Collard Greens Cornbread Mixed Fruit Milk	26 Jamaican Chicken Cajun Rice Corn O'Brien Dinner Roll Pineapple Tidbits Milk	27 Sloppy Joe Baked Beans Brussels Sprouts Hamburger Bun Fresh Fruit Milk	28 Turkey Supreme Confetti Rice Broccoli Dinner Roll Apple Juice Milk	29 Bourbon-Style Chicken Macaroni & Cheese Collard Greens Wheat Bread Tropical Fruit Milk	30 Beef Hamburger Patty Potato Tots Sliced Carrots Hamburger Bun Orange Juice Milk Ketchup
31 Teriyaki Chicken Rice Pilaf Mixed Vegetables Dinner Roll Seasonal Fruit Milk	1 Swiss Steak Mashed Red Potatoes Harvard Beets Wheat Bread Seasonal Fruit Milk	2 Smothered Chicken Egg Noodles Green Beans Texas Bread Pineapple Tidbits Milk	3 Meatballs in Gravy Twice Whipped Potatoes Green Beans Dinner Roll Mixed Fruit Milk	4 Cheese Omelet Hash brown Casserole Stewed Tomatoes Bagel Orange Juice Milk Jelly	5 Sweet n Sour Popcorn Chicken Rice Green Peas Wheat Bread Mandarin Oranges Milk	6 Meat Sauce Parslied Penne Pasta Mixed Vegetables Wheat Dinner Roll Pineapple Tidbits Milk