

# Meals on Wheels of Durham - Frozen Meals Menu

April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4	5	6	7
<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	<b>Pizza Casserole</b> Italian Vegetable Blend Wheat Bread Warm Mixed Fruit Milk	<b>Chicken Breast w/Lemon Sauce</b> Whipped Potatoes Capri Vegetable Blend Wheat Dinner Roll Orange Juice Milk
8	9	10	11	12	13	14
<b>A-1 Chopped Steak</b> Egg Noodles Glazed Carrots Texas Bread Apple Juice Milk Margarine	<b>Creamy Paprika Chicken</b> Cheesy Potatoes Cabbage Dinner Roll Tropical Fruit Milk	<b>Creamy Turkey Pasta Bake</b> Green Beans Lima Beans Dinner Roll Fresh Fruit Milk	<b>Salisbury Beef w/ Brown Gravy</b> Whipped Potatoes Green Peas Dinner Roll Orange Juice Milk	<b>Pork Rib Patty</b> Baked Beans Whole Kernel Corn Hamburger Bun Seasonal Fruit Milk Pickle Slices	<b>Pizza Casserole</b> Italian Vegetable Blend Wheat Bread Warm Spiced Fruit Milk	<b>Meatballs w/ Brown Gravy</b> Twice Whipped Potato Green Beans Dinner Roll Pineapple Tidbits Milk
15	16	17	18	19	20	21
<b>Baked Chicken Breast w/ Dijonnaise Sauce</b> Confetti Rice Corn Casserole Wheat Bread Orange Juice Milk	<b>Beef Chili w/Beans</b> Whipped Potatoes Glazed Carrots Texas Bread Pears Milk	<b>Baked Chicken Breast w/ BBQ Sauce</b> Macaroni & Cheese Collard Greens Dinner Roll Applesauce Milk	<b>Pork Roast w/ Brown Gravy</b> Confetti Rice Green Peas Dinner Roll Seasonal Fruit Milk	<b>Beef Patty</b> Tater Tots Mixed Vegetables Hamburger Bun Seasonal Fruit Milk	<b>Breaded Chicken Patty</b> Crispy Cubed Potatoes Green Beans Hamburger Bun Pineapple Tidbits Milk	<b>Turkey Supreme</b> Confetti Rice Broccoli Dinner Roll Apple Juice Milk
22	23	24	25	26	27	28
<b>Swedish Meatballs</b> Whipped Potatoes Chuckwagon Corn Tropical Fruit Dinner Roll Milk	<b>Spaghetti Sauce</b> Parslied Spaghetti Green Peas Dinner Roll Apple Juice Milk	<b>Pork Roast w/ BBQ Sauce</b> Ranch Beans Baby Carrots Hamburger Bun Seasonal Fruit Milk	<b>Turkey Rice Casserole</b> Stewed Tomatoes Lima Beans Dinner Roll Fresh Fruit Milk	<b>Chicken Breast w/ Lemon Sauce</b> Garlic Whipped Potatoes Capri Vegetable Blend Dinner Roll Orange Juice Milk	<b>Sloppy Joe</b> Baked Beans Brussels Sprouts Hamburger Bun Seasonal Fruit Milk	<b>Popcorn Chicken w/ Sweet &amp; Sour Sauce</b> Rice Green Peas Wheat Bread Tropical Fruit Milk
29	30	 				
<b>Cranberry Dijon Chicken</b> Whipped Sweet Potatoes Brussels Sprouts Dinner Roll Seasonal Fruit Milk	<b>Sliced Ham</b> Northern Beans Collard Greens Cornbread Orange Juice Milk					