

# Meals on Wheels of Durham - Frozen Meals Menu

May 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
29	30	1	2	3	4	5
<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	<b>Meatloaf</b> w/ Brown Gravy Whipped Potatoes Glazed Carrots Dinner Roll Pineapple Tidbits Milk	<b>Taco Meat</b> Mixed Beans Corn O'Brien Flour Tortilla Apple Juice Milk	<b>Breaded Chicken w/ Gravy</b> Rice Pilaf Spiced Beets White Bread (2) Seasonal Fruit Milk	<b>Beef Noodle Casserole</b> Green Peas Dinner Roll Warm Mixed Fruit Milk	<b>Macaroni &amp; Cheese</b> Ranch Beans Broccoli Wheat Bread Pears Milk
6	7	8	9	10	11	12
<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>Lemon Pepper Chicken</b> Spiced Yams Green Peas Wheat Bread Seasonal Fruit Milk	<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
13	14	15	16	17	18	19
<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
20	21	22	23	24	25	26
<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
27	28	29	30	31	1	2
<b>Cranberry Dijon Chicken</b> Whipped Sweet Potatoes Brussels Sprouts Dinner Roll Seasonal Fruit Milk <b>MOWD CLOSED</b>	<b>Sliced Ham</b> Northern Beans Collard Greens Cornbread Orange Juice Milk	<b>Meatloaf</b> w/ Brown Gravy Whipped Potatoes Glazed Carrots Dinner Roll Pineapple Tidbits Milk	<b>Taco Meat</b> Mixed Beans Corn O'Brien Flour Tortilla Apple Juice Milk	<b>Breaded Chicken w/ Gravy</b> Rice Pilaf Spiced Beets White Bread (2) Seasonal Fruit Milk	<b>Beef Noodle Casserole</b> Green Peas Dinner Roll Warm Mixed Fruit Milk	<b>Macaroni &amp; Cheese</b> Ranch Beans Broccoli Wheat Bread Pears Milk



Jennifer Sarych, RDN, LDN

