



Meals on Wheels of Durham- August Frozen Meals Menu



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Turkey Burger Tater Tots Corn O'Brien Hamburger Bun Mandarin Oranges Milk BBQ Sauce | Spaghetti Bake Lima Beans Sliced Carrots White Bread Seasonal Fruit Milk | Garlic Rosemary Chicken Cheesy Baked Rice Green Peas Texas Bread Orange Juice Milk | Glazed Ham Collard Greens Pinto Beans Wheat Dinner Roll Tropical Fruit Milk OFFICE CLOSED | Turkey Supreme Oven Roasted Potatoes Broccoli Wheat Dinner Roll Fresh Banana Milk OFFICE CLOSED | Beef Noodle Casserole Garden Vegetable Cabbage w/ Tomatoes Mixed Fruit Milk | Cheese Omelet Turkey Sausage Whipped Potatoes Orange Beets Wheat Roll Apple Juice Milk |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| Meatloaf w/Gravy Whipped Red Skin Potatoes Broccoli Wheat Dinner Roll Fruit Punch Milk | Turkey Tetrazzini Lima Beans Orange Sliced Carrots Texas Bread Seasonal Fruit Milk | BBQ Pulled Pork Macaroni & Cheese Whole Kernel Corn Hamburger Bun Mandarin Oranges Milk | Chicken Breast w/ Mild Buffalo Sauce Brown Rice Green Peas Texas Bread Fresh Orange Milk | Fajita Chicken Fiesta Rice Pinto Beans Flour Tortilla Apple Juice Milk Sour Cream | Stuffed Pepper Casserole Harvard Beets Stewed Tomatoes Wheat Bread Mixed Fruit Milk | Breaded Chicken Patty Oven Roasted Potatoes Green Beans Hamburger Bun Grape Juice Milk Honey Mustard Sauce |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| Sloppy Joe Ranch Beans Cauliflower Hamburger Bun Mandarin Oranges Milk | Meatballs w/ Tomato Gravy Country Potatoes Garden Vegetables Texas Bread Very Berry Juice Milk | Creamy Paprika Chicken Confetti Rice Brussel Sprouts Wheat Dinner Roll Applesauce Milk | Taco Meat Shredded Cheese Spanish Rice Mixed Beans Tortilla Seasonal Fruit Milk | Baked Chicken w/ BBQ Sauce Egg Noodles Cabbage w/ Tomatoes Texas Bread Fresh Fruit Milk | Pizza Casserole Italian Vegetables Wheat Bread Warm Spiced Fruit Milk | Popcorn Chicken w/ Sweet & Sour Sauce Dirty Rice Mixed Vegetables Wheat Bread Tropical Fruit Milk |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| Salisbury Steak Steakhouse Sauce Penne Noodles Green Beans Texas Bread Orange Juice Milk | Chicken Breast Southwest Lime Sauce Rice Pilaf Green Peas Wheat Dinner Roll Mandarin Oranges Milk | Beef Patty Delmonico Potatoes Baked Beans Hamburger Bun Fresh Orange Milk Ketchup & Mustard | Pork Roast w/Gravy Whipped Potatoes Whole Kernel Corn Wheat Dinner Roll Apple Juice Milk | Smothered Chicken Macaroni & Cheese Lima Beans Wheat Bread Seasonal Fruit Milk | Meatballs w/ Brown Gravy Garlic Whipped Potatoes Green Beans w/ Onions Texas Bread Pineapple Tidbits Milk | Chicken Breast Spinach Florentine Sauce Garlic Penne Pasta Brussels Sprouts Spiced Pears Milk |