

Meals on Wheels of Durham- August Frozen Meals Menu

Turkey Burger Tater Tots Corn O'Brien Cheesy Baked Rice Green Peas Pinto Beans Milk			1				
Turkey Burger Tater Tots Corn O'Brien Hamburger Bun Mandarin Oranges Milk Milk Milk Milk Milk Milk Milk Milk	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Tater Tots Corn O'Brien Corn O'Brien Hamburger Bun Mandarin Oranges Milk MSQ Sauce 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	4	5	6	7	8	9	10
Corn O'Brien Hamburger Bun Mandarin Oranges Milk Milk Milk Milk Matha Dinner Roll Matha Dinner Roll Milk Milk Milk Matha Dinner Roll Milk Milk Milk Matha Dinner Roll Milk Milk Milk Milk Milk Milk Milk Mi	Turkey Burger	Spaghetti Bake	Garlic Rosemary Chicken	Glazed Ham	Turkey Supreme	Beef Noodle Casserole	Cheese Omelet
Hamburger Bun Mandarin Oranges Seasonal Fruit Milk BBQ Sauce Milk BBQ Sauce 1	Tater Tots	Lima Beans	Cheesy Baked Rice	Collard Greens	Oven Roasted Potatoes	Garden Vegetable	Turkey Sausage
Mandarin Oranges Milk Milk Milk Milk Milk Milk Milk Milk	Corn O'Brien	Sliced Carrots	Green Peas	Pinto Beans	Broccoli	Cabbage w/ Tomatoes	Whipped Potatoes
Milk BBQ Sauce 11 12 13 14 15 Meatloaf w/Gravy Whipped Red Skin Potatoes Broccoli Dirut Punch Milk Milk Milk Milk Milk Milk Milk Milk	Hamburger Bun	White Bread	Texas Bread	Wheat Dinner Roll	Wheat Dinner Roll	Mixed Fruit	Orange Beets
Macladof w/Gravy Meatballs w/ Care Milk Mil	Mandarin Oranges	Seasonal Fruit	Orange Juice	Tropical Fruit	Fresh Banana	Milk	Wheat Roll
Meatloaf w/Gravy Whipped Red Skin Potatoes Broccoli	Milk	Milk	Milk	Milk	Milk		Apple Juice
Meatloaf w/Gravy Vhipped Red Skin Potatoes Broccoli Lima Beans Orange Sliced Carrots Whole Kernel Corn Hamburger Bun Fruit Punch Milk	BBQ Sauce			OFFICE CLOSED	OFFICE CLOSED		Milk
Unipped Red Skin Potatoes Broccoli Broccoli Wheat Dinner Roll Fruit Punch Milk Milk Milk Milk Modarin Oranges Bans Bradh Milk Modarin Oranges Meatballs Wery Berry Juice Milk Milk Modarin Oranges Milk Modarin Oranges Meatballs Modarin Oranges Milk Modarin Oranges Milk Modarin Oranges Meatballs Modarin Oranges Milk Modarin Oranges Milk Modarin Oranges Milk Modarin Oranges Modarin O	==	12		14	15	=*	17
Broccoli Wheat Dinner Roll Fruit Punch Milk Milk Milk Milk Milk Milk Milk Milk	Meatloaf w/Gravy	Turkey Tetrazzini	BBQ Pulled Pork	Chicken Breast w/	Fajita Chicken	Stuffed Pepper Casserole	Breaded Chicken Patty
Wheat Dinner Roll Fruit Punch Milk Milk Milk Milk Milk Milk Mandarin Oranges Milk Milk Milk Milk Milk Milk Milk Milk	Whipped Red Skin Potatoes	Lima Beans	Macaroni & Cheese	Mild Buffalo Sauce	Fiesta Rice	Harvard Beets	Oven Roasted Potatoes
Fruit Punch Milk Milk Milk Milk Milk Milk Milk Milk	Broccoli	Orange Sliced Carrots	Whole Kernel Corn	Brown Rice	Pinto Beans	Stewed Tomatoes	Green Beans
Milk Milk Milk Milk Sour Cream 18 19 20 21 22 23 24 Sloppy Joe Ranch Beans Cauliflower Country Potatoes Hamburger Bun Milk Very Berry Juice Milk Milk Seasonal Fruit Milk Milk Milk Milk Milk Milk Milk Milk	Wheat Dinner Roll	Texas Bread	Hamburger Bun	Green Peas	Flour Tortilla	Wheat Bread	Hamburger Bun
Milk Sour Cream Honey Mustard Sauce	Fruit Punch	Seasonal Fruit	Mandarin Oranges	Texas Bread	Apple Juice	Mixed Fruit	Grape Juice
Sloppy Joe Ranch Beans Cauliflower Country Potatoes Hamburger Bun Milk Person P	Milk	Milk	Milk	Fresh Orange	Milk	Milk	Milk
Sloppy Joe Ranch Beans Cauliflower Hamburger Bun Milk Very Berry Juice Milk Salisbury Steak Steakhouse Sauce Penne Noodles Green Beans Green Beans Green Beans Texas Bread Wheat Dinner Roll Fresh Orange Wheat Dinner Roll Fresh Orange Ranch Beans Ander Confetti Rice Brussel Sprouts Sprouts Sprouts Spanish Rice Spanish Rice Spanish Rice Spanish Rice Figg Noodles Cabbage w/ Tomatoes Figg Noodles Cabbage w/ Tomatoes Wheat Bread Warm Spiced Fruit Milk Milk Milk Milk Milk Meat Dinner Roll Milk Meat Dinner Roll Milk Milk Milk Milk Milk Milk Milk Mi				Milk	Sour Cream		Honey Mustard Sauce
Ranch Beans Cauliflower Cauliflower Hamburger Bun Milk Very Berry Juice Milk Salisbury Steak Steakhouse Sauce Penne Noodles Green Beans Green Beans Green Beans Tomato Gravy Country Potatoes Brussel Sprouts Wheat Dinner Roll Mike Spanish Rice Spanish Rice Mike Spanish Rice Brussel Sprouts Mike Spanish Rice Cabbage w/ Tomatoes Cabbage w/ Tomatoes Texas Bread Wheat Bread Warm Spiced Fruit Milk Wheat Bread Warm Spiced Fruit Milk Wheat Bread Winked Vegetables Mike Vegetables Mike Vegetables Wheat Bread Warm Spiced Fruit Milk Wheat Bread Warm Spiced Fruit Milk Wheat Bread Warm Spiced Fruit Milk Wheat Bread Wheat Bread Wheat Bread Southwest Lime Sauce Whole Kernel Corn Wheat Dinner Roll Wheat Dinner Roll Wheat Dinner Roll Wheat Dinner Roll Fresh Orange Whole Kernel Corn Wheat Dinner Roll Apple Juice Seasonal Fruit Spanish Rice Egg Noodles Cabbage w/ Tomatoes Texas Bread Wheat Bread Wheat Bread Wheat Bread Whole Kernel Corn Wheat Bread Wheat B	18	19		21	22	23	24
Cauliflower Hamburger Bun Mandarin Oranges Milk Very Berry Juice Milk Salisbury Steak Steakhouse Sauce Penne Noodles Green Beans Green Beans Green Peas Green Peas Mandarin Orange Country Potatoes Brussel Sprouts Wheat Dinner Roll Miked Beans Mixed Beans Texas Bread Milk Milk Milk Milk Milk Milk Milk Milk	Sloppy Joe	Meatballs w/	Creamy Paprika Chicken		Baked Chicken w/		•
Hamburger Bun Mandarin Oranges Mandarin Oranges Milk Very Berry Juice Milk Very Berry Juice Milk Seasonal Fruit Milk Milk Seasonal Fruit Milk Seasonal Fruit Milk Milk Milk Milk Milk Steakhouse Sauce Penne Noodles Green Peas Green Peas Green Peas Texas Bread Wheat Dinner Roll Mixed Beans Applesauce Tortilla Seasonal Fruit Milk Milk Milk Milk Milk Milk Milk Milk	Ranch Beans	Tomato Gravy	Confetti Rice	Shredded Cheese	BBQ Sauce	Italian Vegetables	w/ Sweet & Sour Sauce
Mandarin Oranges Milk Very Berry Juice Milk Seasonal Fruit Milk	Cauliflower	Country Potatoes	Brussel Sprouts	Spanish Rice		Wheat Bread	
Milk 25 26 27 28 29 30 31 Salisbury Steak Steakhouse Sauce Penne Noodles Green Beans Green Peas Green Peas Tropical Fruit Milk Milk Seasonal Fruit Milk Milk Seasonal Fruit Milk Milk Seasonal Fruit Milk Seasonal Fruit Milk Milk Seasonal Fruit Meatballs Macaroni & Cheese Lima Beans Garlic Whipped Potatoes Garlic Whipped Potatoes Garlic Penne Pasta Green Beans w/ Onions Brussels Sprouts Spiced Pears	Hamburger Bun	Garden Vegetables	Wheat Dinner Roll	Mixed Beans	Cabbage w/ Tomatoes	Warm Spiced Fruit	Mixed Vegetables
Milk 25	Mandarin Oranges	Texas Bread	Applesauce	Tortilla	Texas Bread	Milk	Wheat Bread
25 26 27 28 29 30 31 Salisbury Steak Steakhouse Sauce Penne Noodles Green Beans Green Beans Texas Bread Chicken Breast Beef Patty Delmonico Potatoes Baked Beans Hamburger Bun Fresh Orange Pork Roast w/Gravy Whipped Potatoes Whipped Potatoes Whole Kernel Corn Wheat Dinner Roll Apple Juice Smothered Chicken Macaroni & Cheese Macaroni & Cheese W/Brown Gravy Garlic Whipped Potatoes Garlic Penne Pasta Green Beans w/ Onions Brussels Sprouts Spiced Pears	Milk	Very Berry Juice	Milk	Seasonal Fruit	Fresh Fruit		Tropical Fruit
Salisbury Steak Steakhouse Sauce Penne Noodles Green Beans Texas BreadChicken Breast Southwest Lime Sauce Rice Pilaf Wheat Dinner RollBeef Patty Delmonico Potatoes Baked Beans Hamburger BunPork Roast w/Gravy Whipped Potatoes Whole Kernel Corn Wheat Dinner Roll Apple JuiceSmothered Chicken Macaroni & Cheese Lima Beans Wheat BreadMeatballs w/ Brown Gravy Garlic Whipped Potatoes Garlic Whipped Potatoes Garlic Penne Pasta Brussels SproutsGreen Beans w/ Onions Seasonal FruitGreen Beans w/ Onions Texas BreadBrussels Sprouts Spiced Pears		*******			Milk		Milk
Steakhouse Sauce Penne NoodlesSouthwest Lime Sauce Penne NoodlesDelmonico Potatoes Baked BeansWhipped Potatoes Whole Kernel Corn Wheat Dinner RollMacaroni & Cheese Lima Beansw/ Brown Gravy Garlic Whipped Potatoes Wheat BreadSpinach Florentine Sauce Garlic Penne PastaGreen Beans Texas BreadGreen Peas Wheat Dinner RollHamburger Bun Fresh OrangeWheat Dinner Roll Apple JuiceWheat Bread Seasonal FruitGreen Beans w/ Onions Seasonal FruitGreen Beans w/ Onions Texas BreadBrussels Sprouts Spiced Pears		=*	·	_ 		~ ~	~-
Penne NoodlesRice PilafBaked BeansWhole Kernel CornLima BeansGarlic Whipped PotatoesGarlic Penne PastaGreen BeansGreen PeasHamburger BunWheat Dinner RollWheat Dinner RollWheat BreadGreen Beans w/ OnionsBrussels SproutsTexas BreadWheat Dinner RollFresh OrangeApple JuiceSeasonal FruitTexas BreadSpiced Pears	=	Chicken Breast	Beef Patty	Pork Roast w/Gravy	Smothered Chicken	Meatballs	Chicken Breast
Green Beans Green Peas Hamburger Bun Wheat Dinner Roll Wheat Bread Green Beans w/ Onions Brussels Sprouts Texas Bread Wheat Dinner Roll Fresh Orange Apple Juice Seasonal Fruit Texas Bread Spiced Pears			•	•			
Texas Bread Wheat Dinner Roll Fresh Orange Apple Juice Seasonal Fruit Texas Bread Spiced Pears				• •			
	Penne Noodles	Rice Pilaf	Baked Beans	Whole Kernel Corn	Lima Beans	Garlic Whipped Potatoes	Garlic Penne Pasta
Orange Juice Mandarin Oranges Milk Milk Milk Pineapple Tidbits Milk	Penne Noodles Green Beans	Rice Pilaf Green Peas	Baked Beans Hamburger Bun	Whole Kernel Corn Wheat Dinner Roll	Lima Beans Wheat Bread	Garlic Whipped Potatoes Green Beans w/ Onions	Garlic Penne Pasta Brussels Sprouts
	Penne Noodles Green Beans Texas Bread	Rice Pilaf Green Peas Wheat Dinner Roll	Baked Beans Hamburger Bun Fresh Orange	Whole Kernel Corn Wheat Dinner Roll Apple Juice	Lima Beans Wheat Bread Seasonal Fruit	Garlic Whipped Potatoes Green Beans w/ Onions Texas Bread	Garlic Penne Pasta Brussels Sprouts Spiced Pears
Milk Milk Ketchup & Mustard Milk	Penne Noodles Green Beans Texas Bread	Rice Pilaf Green Peas Wheat Dinner Roll	Baked Beans Hamburger Bun Fresh Orange	Whole Kernel Corn Wheat Dinner Roll Apple Juice	Lima Beans Wheat Bread Seasonal Fruit	Garlic Whipped Potatoes Green Beans w/ Onions Texas Bread	Garlic Penne Pasta Brussels Sprouts Spiced Pears