



MEALS ON WHEELS
DURHAM

MEALS ON WHEELS OF DURHAM

919-667-9424

FROZEN MEALS MENU

September 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28 Baked Ziti & Meatballs Mixed Veggies Cinnamon Applesauce Roll Milk	29 Sloppy Joe Roasted Potatoes Carrots Mandarin Cup Bun Milk	30 Hamburger Steak w/ Gravy & Onions Brown Rice Broccoli Orange Roll Milk	31 Jerk Chicken Thigh Jamacian Rice Peas & Corn Applesauce Cup Roll Milk	1 Hearty Lentil Stew Spinach Spiced Peaches Cornbread Milk	2 Southern Rice & Beans Greens Cornbread Orange Milk	3 Hamburger Baked Beans Corn Bun Orange Milk
4 Mini Corn Dogs (5ea) Cheesy Potatoes Summer Squash Mandarin Cup Milk MOWD CLOSED	5 Southwest Chicken Rice Black Beans Banana Roll Milk	6 Kielbasa w/ Cabbage Roasted Potatoes Stewed Apples Roll Milk	7 Hawaiian Meatballs Coconut Rice Stir Fry Veggies Orange Garlic Bread Milk	8 Sweet & Sour Chicken Fried Rice Mixed Veggies Applesauce Cup No Bread Milk	9 Chicken & Waffle Collards Mac n Cheese Orange Syrup Milk	10 Mini Corn Dogs (5ea) Cheesy Potatoes Summer Squash Mandarin Cup Milk
11 Chicken Drummie Spiced Cabbage Baked Beans Peach Cup Roll	12 Country Fried Steak w/ Gravy Mashed Potatoes Seasoned Greens Mandarin Cup Milk	13 Baked Spaghetti Mixed Veggies Spiced Pears Roll Milk	14 Red Eye Mac n Cheese Spinach Spiced Peaches & Pears Sourdough Milk MOWD CLOSED	15 Crispy Chicken Sandwich w/Cheese Roasted Potatoes California Blend Bun Apple Juice Ketchup Milk MOWD CLOSED	16 Sweet & Sour Chicken Fried Rice Mixed Veggies Applesauce Cup No Bread Milk	17 Chicken Drummie Spiced Cabbage Baked Beans Peach Cup Roll
18 Southern Rice & Beans Greens Cornbread Orange Milk	19 Hamburger Baked Beans Confetti Corn Bun Apple Juice Milk	20 Taco Chicken w/ Black Beans in Tomato Broth Rice Confetti Corn Banana Tortilla Milk	21 Mushroom & Spinach Alfredo Zucchini Apple Compote Milk	22 Hamburger Mac Noodles California Blend Fruit Compote Garlic Bread Milk	23 Baked Spaghetti Mixed Veggies Spiced Pears Roll Milk	24 Hamburger Mac Noodles California Blend Fruit Compote Garlic Bread Milk
25 Baked Ziti & Meatballs Mixed Veggies Cinnamon Applesauce Roll Milk	26 Sloppy Joe Roasted Potatoes Carrots Mandarin Cup Bun Milk	27 Hamburger Steak w/ Gravy & Onions Brown Rice Broccoli Orange Roll Milk	28 Jerk Chicken Thigh Jamacian Rice Peas & Corn Applesauce Cup Roll Milk	29 Hearty Lentil Stew Spinach Spiced Peaches Cornbread Milk	30 Southern Rice & Beans Greens Cornbread Orange Milk	