



MEALS ON WHEELS
DURHAM

919-667-9424

MEALS ON WHEELS OF DURHAM

HOT MEALS MENU

September 2023

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

