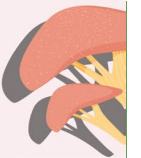




Meals on Wheels of Durham

September 2025 - Frozen Meals Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4	5	6	7
Pulled BBQ Chicken Oven Roasted Potatoes Ranch Beans Hamburger Bun Seasonal Fruit Milk OFFICE CLOSED	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	Turkey Supreme Oven Roasted Potatoes Broccoli Wheat Dinner Roll Fresh Banana Milk	Beef Noodle Casserole Garden Vegetable Cabbage w/ Tomatoes Mixed Fruit Milk	Cheese Omelet Turkey Sausage Whipped Potatoes Orange Beets Wheat Roll Apple Juice Milk
8	9	10	11	12	13	14
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	Ham & Vegetable Frittata Tater Tot Casserole Mixed Vegetables Wheat Bread Very Berry Juice Milk	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
15	16	17	18	19	20	21
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
22	23	24	25	26	27	28
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
29	30	1	2	3	4	5
Turkey Burger Tater Tot 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	Turkey Supreme Oven Roasted Potatoes Broccoli Wheat Dinner Roll Fresh Banana Milk	Beef Noodle Casserole Garden Vegetable Cabbage w/ Tomatoes Mixed Fruit Milk	Cheese Omelet Turkey Sausage Whipped Potatoes Orange Beets Wheat Roll Apple Juice Milk

