

# Meals on Wheels of Durham - Frozen Meals Menu

September 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2	3	4	5	6	7	8
<b>Meatloaf w/Gravy</b> Garlic Whipped Potatoes Green Peas Wheat Dinner Roll Fruit Punch Milk <b>MOWD OFFICE CLOSED</b>	<b>Turkey Tetrazzini</b> Whole Kernel Corn Orange Sliced Carrots Texas Bread Seasonal Fruit Milk	<b>Sloppy Joe</b> Ranch Beans Cabbage w/Tomatoes Hamburger Bun Mandarin Oranges Milk	<b>Chicken Breast w/ Mild Buffalo Sauce</b> Lemon Rice Broccoli Texas Bread Fresh Banana Milk	<b>Pulled BBQ Chicken</b> Oven Roasted Potatoes Ranch Beans Hamburger Bun Very Berry Juice Milk	<b>Stuffed Pepper Casserole</b> Green Peas Wheat Bread Warm Spiced Pears Milk	<b>Breaded Chicken Patty</b> Roasted Potatoes Green Beans Hamburger Bun Grape Juice Milk Honey Mustard Sauce
9	10	11	12	13	14	15
<b>BBQ Pork Riblet</b> Macaroni & Cheese Whole Kernel Corn Hamburger Bun Mandarin Oranges Milk	<b>Taco Meat</b> Fiesta Rice Mixed Beans Tortilla Seasonal Fruit Milk Taco Sauce	<b>Creamy Paprika Chicken</b> Confetti Rice Brussels Sprouts Wheat Bread Applesauce Milk	<b>Meatballs w/ Tomato Gravy</b> Whipped Potatoes Green Peas Texas Bread Fresh Banana Milk	<b>BBQ Chicken Thigh</b> Rotini Au Gratin Cauliflower w/Peppers Wheat Dinner Roll Very Berry Juice Milk	<b>Beef Goulash</b> Mixed Vegetables Broccoli Dinner Roll Seasonal Fruit Milk	<b>Popcorn Chicken w/ Sweet &amp; Sour Sauce</b> Rice Sliced Carrots Wheat Bread Tropical Fruit Milk
16	17	18	19	20	21	22
<b>Salisbury Steak Steakhouse Sauce</b> Egg Noodles Green Beans Texas Bread Orange Juice Milk	<b>Chicken Breast Southwest Lime Sauce</b> Rice Pilaf Whole Kernel Corn Wheat Dinner Roll Mandarin Oranges Milk	<b>Beef Patty</b> Country Potatoes Baked Beans Hamburger Bun Seasonal Fruit Milk Ketchup & Mustard	<b>Pork Roast w/Gravy</b> Whipped Potatoes Green Peas Wheat Dinner Roll Apple Juice Milk	<b>Smothered Chicken</b> Macaroni & Cheese Lima Beans Wheat Dinner Roll Fresh Orange Milk	<b>Turkey Taco Meat</b> Mixed Beans Mexican Corn Flour Tortilla Tropical Fruit Milk	<b>Meatballs w/ Brown Gravy</b> Twice Whipped Potato Green Beans Texas Bread Pineapple Tidbits Milk
23	24	25	26	27	28	29
<b>BBQ Chicken</b> Baked Beans Corn O'Brien Wheat Dinner Roll Seasonal Fruit Milk	<b>Turkey Supreme</b> Diced Potatoes Broccoli Dinner Roll Mixed Fruit Juice Milk	<b>Spaghetti Bake</b> Lima Beans Sliced Carrots White Bread Seasonal Fruit Milk	<b>Garlic Rosemary Chicken</b> Cheesy Baked Rice Green Peas Texas Bread Orange Juice Milk	<b>Glazed Ham</b> Cut Yams Seasoned Pinto Beans Wheat Bread Mandarin Oranges Milk	<b>Pizza Casserole</b> Italian Vegetable Blend Wheat Bread Warm Spiced Fruit Milk	<b>Sloppy Joe</b> Tater Gems Mixed Vegetables Hamburger Bun Seasonal Fruit Milk
30	1	2	3	4	5	6
<b>Meatloaf w/Gravy</b> Garlic Whipped Potatoes Green Peas Wheat Dinner Roll Fruit Punch Milk	<b>Turkey Tetrazzini</b> Whole Kernel Corn Orange Sliced Carrots Texas Bread Seasonal Fruit Milk	<b>Sloppy Joe</b> Ranch Beans Cabbage w/Tomatoes Hamburger Bun Mandarin Oranges Milk	<b>Chicken Breast w/ Mild Buffalo Sauce</b> Lemon Rice Broccoli Texas Bread Fresh Banana Milk	<b>Cheese Omelet</b> Tater Tot Casserole Mixed Vegetables Wheat Bread Very Berry Juice Milk	<b>Stuffed Pepper Casserole</b> Green Peas Wheat Bread Warm Spiced Pears Milk	<b>Breaded Chicken Patty</b> Roasted Potatoes Green Beans Hamburger Bun Grape Juice Milk Honey Mustard Sauce