

Meals on Wheels of Durham - September 2024 Hot Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
MOWD OFFICE CLOSED FOR LABOR DAY	Taco Meat Fiesta Rice Mixed Beans Tortilla Seasonal Fruit Milk Taco Sauce	Creamy Paprika Chicken Confetti Rice Brussels Sprouts Wheat Bread Applesauce Milk	Meatballs w/ Tomato Gravy Whipped Potatoes Green Peas Texas Bread Fresh Banana Milk	Pulled BBQ Chicken Oven Roasted Potatoes Ranch Beans Hamburger Bun Very Berry Juice Milk
9	10	11	12	13
Salisbury Steak Steakhouse Sauce Egg Noodles Green Beans Texas Bread Orange Juice Milk	Chicken Breast Southwest Lime Sauce Rice Pilaf Whole Kernel Corn Wheat Dinner Roll Mandarin Oranges Milk	Beef Patty Country Potatoes Baked Beans Hamburger Bun Seasonal Fruit Milk Ketchup Mustard	Pork Roast w/Gravy Whipped Potatoes Green Peas Wheat Dinner Roll Apple Juice Milk	Chicken Salad Macaroni Salad Coleslaw Wheat Bread (2) Seasonal Fruit Milk
16	17	18	19	20
BBQ Chicken Baked Beans Corn O'Brien Wheat Dinner Roll Seasonal Fruit Milk	Turkey Salad Garbanzo Bean Salad Broccoli Raisin Salad Wheat Bread (2) Fresh Banana Milk	Spaghetti Bake Lima Beans Sliced Carrots White Bread Mixed Fruit Milk	Garlic Rosemary Chicken Cheesy Baked Rice Green Peas Texas Bread Orange Juice Milk	Glazed Ham Cut Yams Seasoned Pinto Beans Wheat Bread Mandarin Oranges Milk
23	24	25	26	27
Meatloaf w/Gravy Garlic Whipped Potatoes Green Peas Wheat Dinner Roll Fruit Punch Milk	Turkey Tetrazzini Whole Kernel Corn Orange Sliced Carrots Texas Bread Seasonal Fruit Milk	Sloppy Joe Ranch Beans Cabbage w/Tomatoes Hamburger Bun Mandarin Oranges Milk	Chicken Breast w/ Mild Buffalo Sauce Lemon Rice Broccoli Texas Bread Fresh Banana Milk	Sliced Turkey Breast Swiss Cheese Kidney Bean Salad Wheat Bread (2) Very Berry Juice Milk Mayonnaise Mustard
30	1	2	3	4
BBQ Pork Riblet Macaroni & Cheese Whole Kernel Corn Hamburger Bun Mandarin Oranges Milk	Taco Meat Fiesta Rice Mixed Beans Tortilla Seasonal Fruit Milk Taco Sauce	Creamy Paprika Chicken Confetti Rice Brussels Sprouts Wheat Bread Applesauce Milk	Meatballs w/ Tomato Gravy Whipped Potatoes Green Peas Texas Bread Fresh Banana Milk	Chicken Chef Salad Pasta Salad Cucumber Salad Wheat Dinner Roll Very Berry Juice Milk Ranch Dressing