



# Meals on Wheels of Durham - Frozen Meals Menu October 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6	7	8	9	10	11	12
<b>Creole Beef Patty</b> Spiced Brown Rice Green Peas w/Red Pepper Texas Bread Fresh Orange Milk	<b>Cranberry Dijon Chicken</b> Roasted Potatoes Mixed Vegetables Texas Bread Cinnamon Applesauce Milk	<b>Tarragon Pork Roast</b> Rice Pilaf Glazed Carrots Dinner Roll Tropical Fruit Milk Margarine	<b>Meatloaf w/Horseradish Brown Sauce</b> Whipped Potatoes Brussel Sprouts w/ Corn Dinner Roll Fresh Banana Milk Margarine	<b>Chicken Breast w/ Red Eye Gravy</b> Confetti Rice Mixed Greens Dinner Roll Orange Juice Milk Margarine	<b>Meatballs w/ Tomato Gravy</b> Bow Tie Pasta Green Beans Texas Bread Tropical Fruit Milk	<b>Popcorn Chicken w/ Honey Mustard Sauce</b> Rice Whole Kernel Corn Wheat Bread Mandarin Oranges Milk Margarine
13	14	15	16	17	18	19
<b>Meatballs w/ Spaghetti Sauce</b> Tater Tots Broccoli Hot Dog Bun Apple Juice Milk	<b>Chicken Piccata</b> Rice Pilaf Peas/Zucchini/Onion Texas Bread Fresh Fruit Milk	<b>Bourbon Pork Roast</b> Oven Roasted Potatoes Collard Greens Dinner Roll Cranberry Applesauce Milk Margarine	<b>Beef Patty</b> Sliced Cheese Ranch Beans Mixed Vegetables Hamburger Bun Fresh Fruit Milk	<b>Turkey Pasta Bake</b> Green Beans w/ Red Pepper Texas Bread Peach Crisp Milk	<b>Chicken Breast w/Lemon Sauce</b> Garlic Whipped Potatoes Capri Vegetables Dinner Roll Orange Juice Milk	<b>Sloppy Joe</b> Potato Wedges Sliced Dilled Carrots Hamburger Bun Fresh Fruit Milk
20	21	22	23	24	25	26
<b>Teriyaki Chicken Breast</b> Brown Rice Brussels Sprouts Texas Bread Fresh Banana Milk	<b>BBQ Pulled Pork</b> Ranch Potatoes Whole Kernel Corn Hamburger Bun Applesauce Milk	<b>Beef Ravioli</b> Zucchini Green Peas w/ Onions Texas Bread Fresh Orange Milk	<b>Chicken Cacciatore</b> Penne Pasta Broccoli Dinner Roll Berry Juice Milk Margarine	<b>Western Baked Beef</b> Cheesy Rice Sliced Carrots Dinner Roll Tropical Fruit Milk Margarine	<b>Chicken Patty</b> Oven Roasted Potatoes Mixed Vegetables Hamburger Bun Fruit Punch Juice Milk BBQ Sauce	<b>Beef Cabbage Casserole</b> Green Peas Texas Bread Hot Scalloped Apples Milk
27	28	29	30	31	1	2
<b>Baked Chicken w/Gravy</b> Sweet Potato Wedges Lima Beans Dinner Roll Tropical Fruit Milk Margarine	<b>Sliced Ham</b> Navy Beans Turnip Greens Cornbread Fruit Punch Juice Milk	<b>Sweet n Sour Meatballs</b> Twice Whipped Potatoes Cabbage w/ Carrots Dinner Roll Fresh Fruit Milk Margarine	<b>Smothered Chicken</b> Macaroni & Cheese Mixed Vegetables Wheat Bread Mandarin Oranges Milk Margarine	<b>Turkey Spaghetti Casserole</b> Whole Kernel Corn Broccoli Texas Bread Fresh Fruit Milk	<b>Cheese Omelet</b> Tater Tot Casserole Stewed Tomatoes Texas Bread Apple Juice Milk	<b>Bourbon Chicken</b> Au Gratin Rotini Collard Greens Wheat Bread Fresh Fruit Milk Margarine