



# Meals on Wheels Durham - Hot Meals Menu

## October 2025



| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   |
|--|--|--|---|--|
| <b>6</b>   | <b>7</b>   | <b>8</b>   | <b>9</b>  | <b>10</b>  |
| <b>Meatballs w/ Spaghetti Sauce</b><br>Tater Tots<br>Broccoli<br>Hot Dog Bun<br>Apple Juice<br>Milk                      | <b>Chicken Piccata</b><br>Rice Pilaf<br>Peas/Zucchini/Onion<br>Texas Bread<br>Fresh Fruit<br>Milk                    | <b>Bourbon Pork Roast</b><br>Oven Roasted Potatoes<br>Collard Greens<br>Dinner Roll<br>Cranberry Applesauce<br>Milk<br>Margarine | <b>Beef Patty</b><br>Sliced Cheese<br>Ranch Beans<br>Mixed Vegetables<br>Hamburger Bun<br>Fresh Fruit<br>Milk<br>Ketchup                      | <b>Turkey Pasta Bake</b><br>Green Beans w/ Red Pepper<br>Texas Bread<br>Peach Crisp<br>Milk                      |
| <b>13</b>  | <b>14</b>  | <b>15</b>  | <b>16</b>   | <b>17</b>  |
| <b>Teriyaki Chicken Breast</b><br>Brown Rice<br>Brussels Sprouts<br>Texas Bread<br>Fresh Banana<br>Milk                  | <b>BBQ Pulled Pork</b><br>Ranch Potatoes<br>Whole Kernel Corn<br>Hamburger Bun<br>Applesauce<br>Milk                 | <b>Beef Ravioli</b><br>Zucchini<br>Green Peas w/ Onions<br>Texas Bread<br>Fresh Orange<br>Milk                                   | <b>Chicken Cacciatore</b><br>Penne Pasta<br>Broccoli<br>Tossed Salad<br>Dinner Roll<br>Berry Juice<br>Milk<br>French Dressing                 | <b>Western Baked Beef</b><br>Cheesy Rice<br>Sliced Carrots<br>Dinner Roll<br>Tropical Fruit<br>Milk<br>Margarine |
| <b>20</b>  | <b>21</b>  | <b>22</b>  | <b>23</b>   | <b>24</b>  |
| <b>Baked Chicken w/ Gravy</b><br>Sweet Potato Wedges<br>Lima Beans<br>Dinner Roll<br>Tropical Fruit<br>Milk<br>Margarine | <b>Sliced Ham</b><br>Navy Beans<br>Turnip Greens<br>Cornbread<br>Fruit Punch Juice<br>Milk<br>Margarine              | <b>Sweet n Sour Meatballs</b><br>Twice Whipped Potatoes<br>Cabbage w/ Carrots<br>Dinner Roll<br>Fresh Fruit<br>Milk<br>Margarine | <b>Smothered Chicken</b><br>Macaroni & Cheese<br>Mixed Vegetables<br>Wheat Bread<br>Mandarin Oranges<br>Milk<br>Margarine                     | <b>Turkey Spaghetti Casserole</b><br>Whole Kernel Corn<br>Broccoli<br>Texas Bread<br>Fresh Fruit<br>Milk         |
| <b>27</b>  | <b>28</b>  | <b>29</b>  | <b>30</b>   | <b>31</b>  |
| <b>Creole Beef Patty</b><br>Spiced Brown Rice<br>Green Peas w/Red Pepper<br>Texas Bread<br>Fresh Orange<br>Milk          | <b>Cranberry Dijon Chicken</b><br>Roasted Potatoes<br>Mixed Vegetables<br>Texas Bread<br>Cinnamon Applesauce<br>Milk | <b>Tarragon Pork Roast</b><br>Rice Pilaf<br>Glazed Carrots<br>Dinner Roll<br>Tropical Fruit<br>Milk<br>Margarine                 | <b>Meatloaf w/ Horseradish Brown Sauce</b><br>Whipped Potatoes<br>Brussel Sprouts w/ Corn<br>Dinner Roll<br>Fresh Banana<br>Milk<br>Margarine | <b>Egg Salad</b><br>Coleslaw<br>Beet Salad<br>Hamburger Bun<br>Orange Juice<br>Milk                              |



**MEALS on WHEELS**  
DURHAM

