

## Meals on Wheels of Durham - Frozen Meals Menu

October 2024

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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
7	8	9	10	11	12	13
<b>Creole Beef Patty</b> Spiced Brown Rice Green Peas w/Red Pepper Texas Bread Pineapple Tidbits Milk Margarine	<b>Cranberry Dijon Chicken</b> Roasted Potatoes Mixed Vegetables Texas Bread Mandarin Oranges Milk Margarine	<b>Teriyaki Pork Roast</b> Rice Pilaf Glazed Carrots Dinner Roll Tropical Fruit Milk Margarine	<b>Meatloaf w/ Steakhouse Sauce</b> Whipped Potatoes Lima Beans Wheat Bread Applesauce Milk	<b>Chicken Breast w/ Red Eye Gravy</b> Whipped Sweet Potatoes Whole Kernel Corn Dinner Roll Berry Juice Milk	<b>Pizza Casserole</b> Italian Vegetable Blend Wheat Bread Warm Spiced Fruit Milk	<b>Popcorn Chicken w/ Sweet n Sour</b> Rice Carrots Tropical Fruit Wheat Bread Milk
14	15	16	17	18	19	20
<b>Meatballs Spaghetti Sauce</b> Tater Tots Broccoli Hot Dog Bun Apple Juice Milk	<b>Salisbury Beef w/ Mushroom Gravy</b> Rice Pilaf Whole Kernel Corn Wheat Bread Mandarin Oranges Milk	<b>Bourbon Pork Roast</b> Macaroni & Cheese Collard Greens Dinner Roll Applesauce Milk Margarine	<b>Beef Patty</b> Sliced Cheese Ranch Beans Mixed Vegetables Hamburger Bun Tropical Fruit Milk Ketchup	<b>Turkey Tetrazzini</b> Green Peas w/Red Pepper Sliced Carrots Texas Bread Pineapple Tidbits Milk	<b>Chicken Breast w/ Lemon Sauce</b> Garlic Whipped Potatoes Capri Vegetable Blend Dinner Roll Orange Juice Milk	<b>Sloppy Joe</b> Tater Tots Green Beans Hamburger Bun Mandarin Oranges Milk
21	22	23	24	25	26	27
<b>Western Baked Beef</b> Cheesy Rice Green Peas Dinner Roll Tropical Fruit Milk Margarine	<b>Parmesan Chicken</b> Penne Pasta Broccoli Tossed Salad Dinner Roll Mixed Berry Juice Milk French Dressing	<b>BBQ Pork Riblet</b> Ranch Potatoes Corn O'Brien Hamburger Bun Applesauce Milk	<b>Beef Fiesta Macaroni &amp; Cheese</b> Fiesta Vegetable Blend Green Beans Dinner Roll Mandarin Oranges Milk	<b>Creamy Paprika Chicken</b> Whipped Potatoes Brussels Sprouts Texas Bread Pears Milk	<b>Cheese Omelet</b> Tater Tot Casserole Stewed Tomatoes Texas Bread Apple Juice Milk	<b>Chicken Patty</b> Oven Roasted Potatoes Carrots Hamburger Bun Mixed Fruit Juice Milk BBQ Sauce
28	29	30	31	1	2	3
<b>Baked Chicken Gravy</b> Whipped Potatoes Lima Beans Dinner Roll Applesauce Milk	<b>Sliced Ham Navy Beans</b> Turnip Greens Cornbread Berry Juice Milk Margarine	<b>Sweet n Sour Meatballs</b> Brown Rice Green Peas w/Red Pepper Dinner Roll Mandarin Oranges Milk	<b>Beef Patty</b> Roasted Potato Medley Ranch Beans Hamburger Bun Mandarin Oranges Milk Ketchup & Mustard	<b>Spaghetti Casserole</b> Whole Kernel Corn Broccoli Texas Bread Mixed Fruit Milk Margarine	<b>Beef Cabbage Casserole</b> Green Peas Dinner Roll Warm Spiced Peaches Milk Margarine	<b>Meatballs w/ Tomato Gravy</b> Confetti Rice Green Beans Texas Bread Pineapple Tidbits Milk