

Meals on Wheels of Durham - Frozen Meals Menu

October 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|--|--|---|---|--|
| 30 | 1 | 2 | 3 | 4 | 5 | 6 |
| 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 | Cheese Omelet Tater Tot Casserole Mixed Vegetables Wheat Bread Very Berry Juice Milk | Stuffed Pepper Casserole Green Peas Wheat Bread Warm Spiced Pears Milk | Breaded Chicken Patty Roasted Potatoes Green Beans Hamburger Bun Grape Juice Milk Honey Mustard Sauce |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| Creole Beef Patty Spiced Brown Rice Green Peas w/Red Pepper Texas Bread Pineapple Tidbits Milk Margarine | Cranberry Dijon Chicken Roasted Potatoes Mixed Vegetables Texas Bread Mandarin Oranges Milk Margarine | Teriyaki Pork Roast Rice Pilaf Glazed Carrots Dinner Roll Tropical Fruit Milk Margarine | Meatloaf w/ Steakhouse Sauce Whipped Potatoes Lima Beans Wheat Bread Applesauce Milk | Chicken Breast w/ Red Eye Gravy Whipped Sweet Potatoes Whole Kernel Corn Dinner Roll Berry Juice Milk | Pizza Casserole Italian Vegetable Blend Wheat Bread Warm Spiced Fruit Milk | Popcorn Chicken w/ Sweet n Sour Rice Carrots Tropical Fruit Wheat Bread Milk |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| Meatballs Spaghetti Sauce Tater Tots Broccoli Hot Dog Bun Apple Juice Milk | Salisbury Beef w/ Mushroom Gravy Rice Pilaf Whole Kernel Corn Wheat Bread Mandarin Oranges Milk | Bourbon Pork Roast Macaroni & Cheese Collard Greens Dinner Roll Applesauce Milk Margarine | Beef Patty Sliced Cheese Ranch Beans Mixed Vegetables Hamburger Bun Tropical Fruit Milk Ketchup | Turkey Tetrazzini Green Peas w/Red Pepper Sliced Carrots Texas Bread Pineapple Tidbits Milk | Chicken Breast w/ Lemon Sauce Garlic Whipped Potatoes Capri Vegetable Blend Dinner Roll Orange Juice Milk | Sloppy Joe Tater Tots Green Beans Hamburger Bun Mandarin Oranges Milk |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| Western Baked Beef Cheesy Rice Green Peas Dinner Roll Tropical Fruit Milk Margarine | Parmesan Chicken Penne Pasta Broccoli Tossed Salad Dinner Roll Mixed Berry Juice Milk French Dressing | BBQ Pork Riblet Ranch Potatoes Corn O'Brien Hamburger Bun Applesauce Milk | Beef Fiesta Macaroni & Cheese Fiesta Vegetable Blend Green Beans Dinner Roll Mandarin Oranges Milk | Creamy Paprika Chicken Whipped Potatoes Brussels Sprouts Texas Bread Pears Milk | Cheese Omelet Tater Tot Casserole Stewed Tomatoes Texas Bread Apple Juice Milk | Chicken Patty Oven Roasted Potatoes Carrots Hamburger Bun Mixed Fruit Juice Milk BBQ Sauce |
| 28 | 29 | 30 | 31 | 1 | 2 | 3 |
| Baked Chicken Gravy Whipped Potatoes Lima Beans Dinner Roll Applesauce Milk | Sliced Ham Navy Beans Turnip Greens Cornbread Berry Juice Milk Margarine | Sweet n Sour Meatballs Brown Rice Green Peas w/Red Pepper Dinner Roll Mandarin Oranges Milk | Beef Patty Roasted Potato Medley Ranch Beans Hamburger Bun Mandarin Oranges Milk Ketchup & Mustard | Spaghetti Casserole Whole Kernel Corn Broccoli Texas Bread Mixed Fruit Milk Margarine | Beef Cabbage Casserole Green Peas Dinner Roll Warm Spiced Peaches Milk Margarine | Meatballs w/ Tomato Gravy Confetti Rice Green Beans Texas Bread Pineapple Tidbits Milk |