

# Meals on Wheels Durham - Hot Meals Menu

## October 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	1	2	3	4
<b>BBQ Pork Riblet</b> Macaroni & Cheese Whole Kernel Corn Hamburger Bun Mandarin Oranges Milk	<b>Taco Meat</b> Fiesta Rice Mixed Beans Tortilla Seasonal Fruit Milk Taco Sauce	<b>Creamy Paprika Chicken</b> Confetti Rice Brussels Sprouts Wheat Bread Applesauce Milk	<b>Meatballs w/ Tomato Gravy</b> Whipped Potatoes Green Peas Texas Bread Fresh Banana Milk	<b>Chicken Chef Salad</b> Pasta Salad Cucumber Salad Wheat Dinner Roll Very Berry Juice Milk Ranch Dressing
7	8	9	10	11
<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 Fresh Fruit 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 Fresh Fruit Milk
14	15	16	17	18
<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	<b>BBQ Pork Riblet</b> Ranch Potatoes Corn O'Brien Hamburger Bun Applesauce Milk Milk	<b>Beef Fiesta Macaroni &amp; Cheese</b> Fiesta Vegetable Blend Green Beans Dinner Roll Fresh Fruit Milk	<b>Creamy Paprika Chicken</b> Whipped Potatoes Brussels Sprouts Texas Bread Fresh Banana Milk
21	22	23	24	25
<b>Baked Chicken Gravy</b> Whipped Potatoes Lima Beans Dinner Roll Fresh Fruit Milk	<b>Sliced Ham</b> Navy Beans Turnip Greens Cornbread Berry Juice Milk Margarine	<b>Sweet n Sour Meatballs</b> Brown Rice Green Peas w/Red Pepper Dinner Roll Fresh Fruit Milk	<b>Smothered Chicken</b> Macaroni & Cheese Mixed Vegetables Wheat Bread Pineapple Tidbits Milk	<b>Spaghetti Casserole</b> Whole Kernel Corn Broccoli Texas Bread Mixed Fruit Milk Margarine
28	29	30	31	1
<b>Creole Beef Patty</b> Spiced Brown Rice Green Peas w/Red Pepper Texas Bread Fresh Fruit 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>Beef Patty</b> Roasted Potato Medley Ranch Beans Hamburger Bun Fresh Fruit Milk Ketchup & Mustard	<b>Chicken Salad</b> Corn Relish Salad Tomato Cucumber Salad Hamburger Bun Berry Juice Milk