

# Meals on Wheels of Durham - Frozen Meals Menu

November 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6	7	8	9	10	11	12
<b>Meatloaf w/Gravy</b> Whipped Potatoes Mixed Vegetables Dinner Roll Pineapple Tidbits Milk	<b>Chicken &amp; Waffles</b> Crispy Cubed Potatoes Mixed Fruit Crisp Milk Syrup	<b>Teriyaki Pork Roast</b> Rice Pilaf Broccoli Dinner Roll Orange Juice Milk	<b>Chicken Alfredo</b> Green Peas Spring Vegetable Blend Texas Bread Diced Pears Milk	<b>Taco Meat</b> Spanish Rice Mixed Beans Flour Tortilla Mandarin Oranges Milk	<b>Cranberry Dijon Chicken</b> Cut Yams Brussels Sprouts Wheat Bread Cinnamon Applesauce Milk	<b>Swedish Meatballs</b> Whipped Potatoes Chuckwagon Corn Dinner Roll Pineapple Tidbits Milk
13	14	15	16	17	18	19
<b>Bourbon Chicken Breast</b> Rice Pilaf Collard Greens Dinner Roll Cinnamon Applesauce Milk	<b>Salisbury Beef w/Gravy</b> Whipped Potatoes Green Peas Texas Bread Apple Juice Milk	<b>Parmesan Chicken</b> Penne Pasta Broccoli w/Peppers Dinner Roll Pineapple Tidbits Milk	<b>Beef Hamburger Patty</b> Baked Beans Corn Hamburger Bun Mandarin Oranges Milk Ketchup	<b>Turkey A La King</b> Garlic Whipped Potatoes Lima Beans Dinner Roll Diced Pears Milk	<b>Sweet &amp; Sour Meatballs</b> Brown Rice Green Peas Dinner Roll Applesauce Milk	<b>Honey Mustard Chicken</b> Cheesy Potatoes Glazed Carrots Texas Bread Cranberry Applesauce Milk
20	21	22	23	24	25	26
<b>Western Baked Beef</b> Cheesy Rice Country Vegetable Blend Dinner Roll Orange Juice Milk	<b>Creamy Paprika Chicken</b> Whipped Redskin Potatoes Cabbage Texas Bread Pineapple Tidbits Milk	<b>Lentil Stew</b> Brown Rice Spinach Cornbread Mandarin Oranges Milk	<b>BBQ Pork Riblet</b> Ranch Potatoes Corn O'Brien Hamburger Bun Cranberry Applesauce Milk  <b>MOWD CLOSED</b>	<b>Fiesta Macaroni &amp; Cheese</b> Fiesta Vegetable Blend Green Beans Dinner Roll Diced Peaches Milk  <b>MOWD CLOSED</b>	<b>Lemon Pepper Chicken</b> Whipped Yams Green Peas Dinner Roll Apple Juice Milk	<b>Meatloaf w/Gravy</b> Confetti Rice Broccoli Texas Bread Pineapple Tidbits Milk
27	28	29	30	1	2	3
<b>Smothered Chicken Breast</b> Whipped Potatoes Lima Beans Dinner Roll Mandarin Oranges Milk	<b>Sloppy Joe</b> Baked Beans Corn O'Brien Hamburger Bun Applesauce Milk	<b>Sliced Turkey Breast w/Poultry Gravy</b> Rice Pilaf Green Beans Cornbread Fruited Gelatin Milk	<b>Spaghetti Casserole</b> Green Peas w/Peppers Hot Glazed Peaches Texas Bread Milk	<b>Pinto Beans</b> Macaroni & Cheese Collard Greens Cornbread Diced Pears Milk	<b>Swiss Steak</b> Whipped Redskin Potatoes Mixed Vegetables Dinner Roll Pineapple Tidbits Milk	<b>Chicken Fajita</b> Rice Black Beans Flour Tortilla Orange Juice Milk
		 				