Meals on Wheels of Durham - Hot Meals Menu

November 2023

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDE	La King ed Potatoes Beans r Roll onal Fruit lk Cheese table Blend Beans r Roll eaches
Bourbon Chicken Breast Rice Pilaf Rice Pilaf Collard Greens Dinner Roll Cinnamon Applesauce Milk Apple Juice Cheesy Rice Country Vegetable Blend Dinner Roll Orange Juice Milk Milk Milk Milk Milk Milk Milk Milk	La King ed Potatoes Beans r Roll onal Fruit lk Ata & Cheese table Blend Beans r Roll eaches
Rice Pilaf Collard Greens Dinner Roll Cinnamon Applesauce Milk Apple Juice Milk Cheesy Rice Country Vegetable Blend Dinner Roll Orange Juice Milk Milk Milk Milk Milk Milk Dinner Roll Cabbage Dinner Roll Dinner Roll Orange Juice Milk Milk Milk Milk Milk Milk	ed Potatoes Beans r Roll onal Fruit lk ta & Cheese table Blend Beans r Roll eaches
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Cinnamon Applesauce Milk Apple Juice Milk Milk Milk Milk Milk Milk Milk Mil	onal Fruit Ik Take A Cheese Table Blend Beans r Roll eaches Ik
Milk Apple Juice Milk Ketchup 13 14 15 16 17 Western Baked Beef Cheesy Rice Country Vegetable Blend Dinner Roll Orange Juice Milk Milk Milk Milk Ketchup 13 14 15 16 17 Western Baked Beef Cheesy Rice Country Vegetable Blend Dinner Roll Orange Juice Milk Milk Milk Milk Milk Milk Milk Milk	Ik ta Cheese table Blend Beans r Roll eaches Ik
Milk Milk Mestern Baked Beef Cheesy Rice Cheesy Rice Country Vegetable Blend Dinner Roll Orange Juice Milk Milk Milk	ta & Cheese table Blend Beans r Roll eaches lk
Western Baked Beef Cheesy Rice Country Vegetable Blend Dinner Roll Orange Juice Milk Milk Milk Milk Smothered Chicken Breast Whipped Potatoes Whipped Potatoes Lima Beans 14 15 16 17 17 18 19 19 19 19 19 19 19 19 19	ta & Cheese table Blend Beans r Roll eaches Ik
Western Baked Beef Cheesy RiceCreamy Paprika Chicken Whipped Redskin PotatoesLentil Stew Brown RiceBBQ Pork Riblet Ranch PotatoesFies Macaroni & Ranch PotatoesCountry Vegetable Blend Dinner RollCabbage Texas BreadSpinach CornbreadCorn O'BrienFiesta Veget Hamburger BunOrange Juice MilkFresh Seasonal Fruit MilkMandarin Oranges MilkCranberry Applesauce MilkDinner Milk2021222324Smothered Chicken Breast Whipped Potatoes Lima BeansSloppy Joe Baked Beans Corn O'BrienSliced Turkey Breast W/Poultry Gravy Rice PilafSpaghetti Casserole Green Peas w/Peppers Hot Glazed PeachesMacaroni & Macaroni & Collard &	ta & Cheese table Blend Beans r Roll eaches Ik
Cheesy Rice Country Vegetable Blend Dinner Roll Orange Juice Milk Milk Milk Sloppy Joe Whipped Redskin Potatoes Cabbage Texas Bread Orange Green Macaroni & Spinach Corn O'Brien Hamburger Bun Cranberry Applesauce Milk Milk Milk Milk Milk Milk Milk Milk	& Cheese table Blend Beans r Roll eaches
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Mandarin Oranges Applesauce Cornbread Milk Diced	
Milk Milk Fruited Gelatin Mi	
Milk MOWD CLOSED MOWD (CLOSED
27 28 29 30 1	
Meatloaf w/Gravy Chicken & Waffles Teriyaki Pork Roast Chicken Alfredo Taco N	
Whipped Potatoes Crispy Cubed Potatoes Rice Pilaf Green Peas Spanish	
Mixed Vegetables Mixed Fruit Crisp Broccoli Spring Vegetable Blend Mixed	
Dinner Roll Milk Dinner Roll Texas Bread Flour To	
Pineapple Tidbits Syrup Orange Juice Diced Pears Mandarin	•
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Community Meals	
Community Meals MEALS ® WHEELS Nourishment through	