



Meals on Wheels of Durham - Frozen Meals Menu November 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3	4	5	6	7	8	9
Creole Beef Patty Spiced Brown Rice Green Peas w/Red Pepper Texas Bread Fresh Orange Milk	Cranberry Dijon Chicken Roasted Potatoes Mixed Vegetables Texas Bread Cinnamon Applesauce Milk	Tarragon Pork Roast Rice Pilaf Glazed Carrots Dinner Roll Tropical Fruit Milk Margarine	Meatloaf w/Horseradish Brown Sauce Whipped Potatoes Brussel Sprouts w/ Corn Dinner Roll Fresh Banana Milk Margarine	Chicken Breast w/ Red Eye Gravy Confetti Rice Mixed Greens Dinner Roll Orange Juice Milk Margarine	Meatballs w/ Tomato Gravy Bow Tie Pasta Green Beans Texas Bread Tropical Fruit Milk	Popcorn Chicken w/ Honey Mustard Sauce Rice Whole Kernel Corn Wheat Bread Mandarin Oranges Milk Margarine
10	11	12	13	14	15	16
Meatballs w/ Spaghetti Sauce Tater Tots Broccoli Hot Dog Bun Apple Juice Milk	Chicken Piccata Rice Pilaf Peas/Zucchini/Onion Texas Bread Fresh Fruit Milk	Bourbon Pork Roast Oven Roasted Potatoes Collard Greens Dinner Roll Cranberry Applesauce Milk Margarine	Beef Patty Sliced Cheese Ranch Beans Mixed Vegetables Hamburger Bun Fresh Fruit Milk OFFICE CLOSED	Turkey Pasta Bake Green Beans w/ Red Pepper Texas Bread Peach Crisp Milk	Chicken Breast w/Lemon Sauce Garlic Whipped Potatoes Capri Vegetables Dinner Roll Orange Juice Milk	Sloppy Joe Potato Wedges Sliced Dilled Carrots Hamburger Bun Fresh Fruit Milk
17	18	19	20	21	22	23
Teriyaki Chicken Breast Brown Rice Brussels Sprouts Texas Bread Fresh Banana Milk	BBQ Pulled Pork Ranch Potatoes Whole Kernel Corn Hamburger Bun Applesauce Milk	Beef Ravioli Zucchini Green Peas w/ Onions Texas Bread Fresh Orange Milk	Chicken Cacciatore Penne Pasta Broccoli Dinner Roll Berry Juice Milk Margarine	Western Baked Beef Cheesy Rice Sliced Carrots Dinner Roll Tropical Fruit Milk Margarine	Chicken Patty Oven Roasted Potatoes Mixed Vegetables Hamburger Bun Fruit Punch Juice Milk BBQ Sauce	Beef Cabbage Casserole Green Peas Texas Bread Hot Scalloped Apples Milk
24	25	26	27	28	29	30
Baked Chicken w/Gravy Sweet Potato Wedges Lima Beans Dinner Roll Tropical Fruit Milk Margarine	Sliced Ham Navy Beans Turnip Greens Cornbread Fruit Punch Juice Milk	Sliced Turkey Breast w/ Poultry Gravy Garlic Whipped Potatoes Green Bean Casserole Texas Bread Tropical Fruit Milk Margarine	Smothered Chicken Macaroni & Cheese Mixed Vegetables Wheat Bread Mandarin Oranges Milk Margarine OFFICE CLOSED	Turkey Spaghetti Casserole Whole Kernel Corn Broccoli Texas Bread Fresh Fruit Milk OFFICE CLOSED	Cheese Omelet Tater Tot Casserole Stewed Tomatoes Texas Bread Apple Juice Milk	Bourbon Chicken Au Gratin Rotini Collard Greens Wheat Bread Fresh Fruit Milk Margarine