

Meals on Wheels of Durham - Frozen Meals Menu

January - March 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|--|--|---|--|---|
| 1/1 Meatloaf w/Gravy Whipped Potatoes Mixed Vegetables Dinner Roll Pineapple Tidbits Milk | 1/2 Chicken & Waffles Crispy Cubed Potatoes Mixed Fruit Crisp Milk Syrup | 1/3 Teriyaki Pork Roast Rice Pilaf Broccoli Dinner Roll Orange Juice Milk | 1/4 Chicken Alfredo Green Peas Spring Vegetable Blend Texas Bread Fresh Seasonal Fruit Milk | 1/5 Taco Meat Spanish Rice Mixed Beans Flour Tortilla Fresh Seasonal Fruit Milk | 1/6 Cranberry Dijon Chicken Cut Yams Brussels Sprouts Wheat Bread Cinnamon Applesauce Milk | 1/7 Swedish Meatballs Whipped Potatoes Chuckwagon Corn Dinner Roll Pineapple Tidbits Milk |
| 1/8, 2/5, 3/4 Meatloaf w/Gravy Whipped Potatoes Glazed Carrots Wheat Dinner Roll Pineapple Tidbits Milk | 1/9, 2/6, 3/5 BBQ Pork Roast Baked Pinto Beans Broccoli Wheat Bread Fresh Seasonal Fruit Milk | 1/10, 2/7, 3/6 Beef Hamburger Patty Potato Tots Corn Hamburger Bun Fresh Seasonal Fruit Milk Ketchup | 1/11, 2/8, 3/7 Baked Chicken Thigh Rice Pilaf Mixed Vegetables Wheat Dinner Roll Tropical Fruit Milk | 1/12, 2/9, 3/8 Sweet & Sour Meatballs Brown Rice Green Peas Wheat Bread Apple Juice Milk | 1/13, 2/10, 3/9 Pizza Casserole Italian Vegetable Blend Wheat Bread Warm Mixed Fruit Milk | 1/14, 2/11, 3/10 Chicken Breast w/Piccata Sauce Whipped Potatoes Capri Vegetable Blend Wheat Dinner Roll Orange Juice Milk |
| 1/15, 2/12, 3/11 Turkey Breast w/Gravy Rice Lima Beans Wheat Dinner Roll Tropical Fruit Milk | 1/16, 2/13, 3/12 Macaroni & Cheese Ranch Beans Broccoli Wheat Bread Fresh Seasonal Fruit Milk | 1/17, 2/14, 3/13 Chicken Parmesan Penne Noodles Green Beans w/Peppers Wheat Dinner Roll Pineapple Tidbits Milk | 1/18, 2/15, 3/14 A-1 Chopped Steak w/Gravy Whipped Redskin Potatoes Parslied Carrots Wheat Dinner Roll Fruited Gelatin Milk | 1/19, 2/16, 3/15 Teriyaki Chicken Rice Pilaf Mixed Vegetables Wheat Dinner Roll Fresh Seasonal Fruit Milk | 1/20, 2/17, 3/16 Taco Meat Mixed Beans Mexican Corn Flour Tortilla Apple Juice Milk | 1/21, 2/18, 3/17 BBQ Chicken Patty Crispy Cubed Potatoes Green Beans Hamburger Bun Pineapple Tidbits Milk |
| 1/22, 2/19, 3/18 Salisbury Steak w/Gravy Rice Pilaf Green Peas Wheat Dinner Roll Fresh Seasonal Fruit Milk | 1/23, 2/20, 3/19 Ham & White Beans Garlic Whipped Potatoes Collard Greens Cornbread Tropical Fruit Milk | 1/24, 2/21, 3/20 Jerk Chicken Thigh Cajun Rice Corn O'Brien Wheat Dinner Roll Cranberry Applesauce Milk | 1/25, 2/22, 3/21 Sloppy Joe Baked Pinto Beans Brussels Sprouts Hamburger Bun Fresh Seasonal Fruit Milk | 1/26, 2/23, 3/22 Turkey Supreme Confetti Rice Broccoli Wheat Dinner Roll Apple Juice Milk | 1/27, 2/24, 3/23 Meat Sauce Parslied Penne Pasta Mixed Vegetables Wheat Dinner Roll Pineapple Tidbits Milk | 1/28, 2/25, 3/24 Beef Hamburger Patty Potato Tots Sliced Carrots Hamburger Bun Orange Juice Milk Ketchup |
| 1/29, 2/26, 3/25 Bourbon Chicken Breast Macaroni & Cheese Collard Greens Wheat Bread Tropical Fruit Milk | 1/30, 2/27, 3/26 Swiss Steak w/Gravy Whipped Potatoes Harvard Beets Wheat Dinner Roll Fresh Seasonal Fruit Milk | 1/31, 2/28, 3/27 Smothered Chicken Breast Mashed Yams Green Beans Wheat Bread Tropical Fruit Milk | 2/1, 2/29, 3/28 Spaghetti Casserole Green Peas Glazed Carrots Wheat Dinner Roll Fresh Seasonal Fruit Milk | 2/2, 3/1, 3/29 BBQ Pork Riblet Corn O'Brien Broccoli Hamburger Bun Pineapple Tidbits Milk | 2/3, 3/2, 3/30 Sweet n Sour Popcorn Chicken Rice Green Peas Wheat Bread Mandarin Oranges Milk | 2/4, 3/31 Meatballs in Gravy Twice Whipped Potatoes Green Beans Wheat Dinner Roll Apple Juice Milk |
| February Special Chicken Breast w/Cordon Bleu Sauce Whipped Potatoes Lima Beans Wheat Bread Peaches Milk | March Special Beef Cabbage Casserole Whipped Potatoes Sliced Carrots Wheat Bread Lime Fruited Gelatin Milk | | | | | |



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