

Meals on Wheels of Durham - Hot Meals Menu

July 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|--|
| 1 Meatloaf w/Gravy Garlic Whipped Potatoes Green Peas Wheat Dinner Roll Fruit Punch Milk | 2 Turkey Tetrazzini Whole Kernel Corn Orange Sliced Carrots Texas Bread Seasonal Fruit Milk | 3 Beef Patty w/Swiss Cheese and Mushrooms Rosemary Roasted Potatoes Baked Beans Hamburger Bun Seasonal Fruit Milk | 4 MOWD OFFICE CLOSED FOR INDEPENDENCE DAY | 5 MOWD OFFICE CLOSED FOR INDEPENDENCE DAY |
| 8 BBQ Pork Riblet Macaroni & Cheese Whole Kernel Corn Hamburger Bun Mandarin Oranges Milk | 9 Taco Meat Fiesta Rice Mixed Beans Tortilla Seasonal Fruit Milk Taco Sauce | 10 Creamy Paprika Chicken Confetti Rice Brussels Sprouts Wheat Bread Applesauce Milk | 11 Meatballs w/ Tomato Gravy Whipped Potatoes Green Peas Texas Bread Fresh Banana Milk | 12 Chicken Chef Salad Pasta Salad Cucumber Salad Wheat Dinner Roll Very Berry Juice Milk Ranch Dressing |
| 15 Salisbury Steak Steakhouse Sauce Egg Noodles Green Beans Texas Bread Orange Juice Milk | 16 Chicken Breast Southwest Lime Sauce Rice Pilaf Whole Kernel Corn Wheat Dinner Roll Mandarin Oranges Milk | 17 Beef Patty Country Potatoes Baked Beans Hamburger Bun Seasonal Fruit Milk Ketchup Mustard | 18 Pork Roast w/Gravy Whipped Potatoes Green Peas Wheat Dinner Roll Apple Juice Milk | 19 Chicken Salad Macaroni Salad Coleslaw Wheat Bread (2) Seasonal Fruit Milk |
| 22 BBQ Chicken Baked Beans Corn O'Brien Wheat Dinner Roll Seasonal Fruit Milk | 23 Turkey Salad Garbanzo Bean Salad Broccoli Raisin Salad Wheat Bread (2) Fresh Banana Milk | 24 Spaghetti Bake Lima Beans Sliced Carrots White Bread Mixed Fruit Milk | 25 Garlic Rosemary Chicken Cheesy Baked Rice Green Peas Texas Bread Orange Juice Milk | 26 Glazed Ham Cut Yams Seasoned Pinto Beans Wheat Bread Mandarin Oranges Milk |
| 29 Meatloaf w/Gravy Garlic Whipped Potatoes Green Peas Wheat Dinner Roll Fruit Punch Milk | 30 Turkey Tetrazzini Whole Kernel Corn Orange Sliced Carrots Texas Bread Seasonal Fruit Milk | 31 Sloppy Joe Ranch Beans Cabbage w/Tomatoes Hamburger Bun Mandarin Oranges Milk | 1 Chicken Breast w/ Mild Buffalo Sauce Lemon Rice Broccoli Texas Bread Fresh Banana Milk | 2 Sliced Turkey Breast Swiss Cheese Kidney Bean Salad Wheat Bread (2) Very Berry Juice Milk Mayonnaise Mustard |



MEALS on WHEELS
DURHAM



Nourishment through
compassionate care.