



# Meals on Wheels Durham

## July 2025



MONDAY 7/7/2025	TUESDAY 7/8/2025	WEDNESDAY 7/9/2025	THURSDAY 7/10/2025	FRIDAY 7/11/2025
<b>Meatloaf w/Gravy</b> Whipped Red Skin Potatoes Broccoli Wheat Dinner Roll Fruit Punch Milk	<b>Turkey Tetrazzini</b> Lima Beans Orange Sliced Carrots Texas Bread Seasonal Fruit Milk	<b>BBQ Pulled Pork</b> Macaroni & Cheese Whole Kernel Corn Hamburger Bun Mandarin Oranges Milk	<b>Chicken Breast w/ Mild Buffalo Sauce</b> Brown Rice Green Peas Texas Bread Fresh Orange Milk	<b>Sliced Turkey Breast</b> Swiss Cheese Potato Salad Beet Salad Wheat Bread (2) Very Berry Juice Milk Mayonnaise/Mustard
7/14/2025	7/15/2025	7/16/2025	7/17/2025	7/18/2025
<b>Sloppy Joe</b> Ranch Beans Cauliflower Hamburger Bun Mandarin Oranges Milk	<b>Meatballs w/ Tomato Gravy</b> Country Potatoes Garden Vegetables Texas Bread Very Berry Juice Milk	<b>Creamy Paprika Chicken</b> Confetti Rice Brussel Sprouts Wheat Dinner Roll Applesauce Milk	<b>Taco Meat</b> Shredded Cheese Spanish Rice Mixed Beans Tortilla Seasonal Fruit Milk	<b>Chicken Chef Salad</b> Pasta Salad Cucumber Salad Texas Bread Fresh Fruit Milk Ranch Dressing
7/21/2025	7/22/2025	7/23/2025	7/24/2025	7/25/2025
<b>Salisbury Steak</b> <b>Steakhouse Sauce</b> Penne Noodles Green Beans Texas Bread Orange Juice Milk	<b>Chicken Breast</b> <b>Southwest Lime Sauce</b> Rice Pilaf Green Peas Wheat Dinner Roll Mandarin Oranges Milk	<b>Beef Patty</b> Delmonico Potatoes Baked Beans Hamburger Bun Fresh Orange Milk Ketchup Mustard	<b>Pork Roast w/Gravy</b> Whipped Potatoes Whole Kernel Corn Wheat Dinner Roll Apple Juice Milk	<b>Chicken Salad</b> Macaroni Salad Coleslaw Hamburger Bun Seasonal Fruit Milk
7/28/2025	7/29/2025	7/30/2025	7/31/2025	8/1/2025
<b>Turkey Burger</b> Tater Tots Corn O'Brien Hamburger Bun Mandarin Oranges Milk BBQ Sauce	<b>Spaghetti Bake</b> Lima Beans Sliced Carrots White Bread Seasonal Fruit Milk	<b>Garlic Rosemary Chicken</b> Cheesy Baked Rice Green Peas Texas Bread Orange Juice Milk	<b>Glazed Ham</b> Collard Greens Pinto Beans Wheat Dinner Roll Tropical Fruit Milk	<b>Turkey Salad</b> Garbanzo Bean Salad Broccoli Raisin Salad Wheat Bread (2) Fresh Banana Milk
Independence Day-07/04				
<b>Beef Patty w/Swiss Cheese and Mushrooms</b> Potato Medley Baked Beans Hamburger Bun Seasonal Fruit Milk Ketchup				
Jennifer Sarych, RDN, LDN				