

Meals on Wheels of Durham- Frozen Meals Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
14	15	16	17	18	19	20
Meatloaf w/Gravy	Turkey Tetrazzini	BBQ Pulled Pork	Chicken Breast w/	Ham & Vegetable Frittata	Stuffed Pepper Casserole	Breaded Chicken Patty
Whipped Red Skin Potatoes	Lima Beans	Macaroni & Cheese	Mild Buffalo Sauce	Tater Tot Casserole	Harvard Beets	Oven Roasted Potatoes
Broccoli	Orange Sliced Carrots	Whole Kernel Corn	Brown Rice	Mixed Vegetables	Stewed Tomatoes	Green Beans
Wheat Dinner Roll	Texas Bread	Hamburger Bun	Green Peas	Wheat Bread	Wheat Bread	Hamburger Bun
Fruit Punch	Seasonal Fruit	Mandarin Oranges	Texas Bread	Very Berry Juice	Mixed Fruit	Grape Juice
Milk	Milk	Milk	Fresh Orange	Milk	Milk	Milk
			Milk			Honey Mustard Sauce
21	22	23	24	25	26	27
Sloppy Joe	Meatballs w/	Creamy Paprika Chicken	Taco Meat	Baked Chicken w/	Pizza Casserole	Popcorn Chicken
Ranch Beans	Tomato Gravy	Confetti Rice	Shredded Cheese	BBQ Sauce	Italian Vegetables	w/ Sweet & Sour Sauce
Cauliflower	Country Potatoes	Brussel Sprouts	Spanish Rice	Egg Noodles	Wheat Bread	Dirty Rice
Hamburger Bun	Garden Vegetables	Wheat Dinner Roll	Mixed Beans	Cabbage w/ Tomatoes	Warm Spiced Fruit	Mixed Vegetables
Mandarin Oranges	Texas Bread	Applesauce	Tortilla	Texas Bread	Milk	Wheat Bread
Milk	Very Berry Juice	Milk	Seasonal Fruit	Fresh Fruit		Tropical Fruit
	Milk		Milk	Milk		Milk
28	29	30	1	1	2	3
Salisbury Steak	Chicken Breast	Beef Patty	Pork Roast w/Gravy	Smothered Chicken	Meatballs	Chicken Breast
Steakhouse Sauce	Southwest Lime Sauce	Delmonico Potatoes	Whipped Potatoes	Macaroni & Cheese	w/ Brown Gravy	Spinach Florentine Sauce
Penne Noodles	Rice Pilaf	Baked Beans	Whole Kernel Corn	Lima Beans	Garlic Whipped Potatoes	Garlic Penne Pasta
Green Beans	Green Peas	Hamburger Bun	Wheat Dinner Roll	Wheat Bread	Green Beans w/ Onions	Brussels Sprouts
Texas Bread	Wheat Dinner Roll	Fresh Orange	Apple Juice	Seasonal Fruit	Texas Bread	Spiced Pears
Orange Juice	Mandarin Oranges	Milk	Milk	Milk	Pineapple Tidbits	Milk
Milk	Milk	Ketchup & Mustard			Milk	
4	5	6	7	8	9	10
Turkey Burger	Spaghetti Bake	Garlic Rosemary Chicken	Glazed Ham	Turkey Supreme	Beef Noodle Casserole	Cheese Omelet
Tater Tots	Lima Beans	Cheesy Baked Rice	Collard Greens	Oven Roasted Potatoes	Garden Vegetable	Turkey Sausage
Corn O'Brien	Sliced Carrots	Green Peas	Pinto Beans	Broccoli	Cabbage w/ Tomatoes	Whipped Potatoes
Hamburger Bun	White Bread	Texas Bread	Wheat Dinner Roll	Wheat Dinner Roll	Mixed Fruit	Orange Beets
Mandarin Oranges	Seasonal Fruit	Orange Juice	Tropical Fruit	Fresh Banana	Milk	Wheat Roll
Milk	Milk	Milk	Milk	Milk		Apple Juice
BBQ Sauce						Milk