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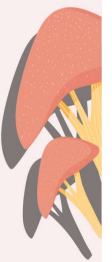
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7	**8**	**9**	**10**	**11**
Meatloaf w/Gravy Whipped Red Skin Potatoes Broccoli Wheat Dinner Roll Fruit Punch Milk	**Turkey Tetrazzini** Lima Beans Orange Sliced Carrots Texas Bread Seasonal Fruit Milk	**BBQ Pulled Pork** Macaroni & Cheese Whole Kernel Corn Hamburger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

TRIO Community Meals

Nourishment through compassionate care.