MEALS on WHEELS DURHAM

NOVEMBER 2026 FROZEN MEAL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2 **Creole Beef Patty** Buttered Rice Green Peas Dinner Roll Seasonal Fruit Milk	3 **Cranberry Dijon Chicken** Delmonico Potatoes Mixed Vegetables Texas Bread Cinnamon Applesauce Milk	4 **Turkey Spaghetti Casserole** Whole Kernel Corn Broccoli Wheat Bread Tropical Fruit Milk	5 **Meatloaf w/ Ketchup Sauce** Whipped Potatoes Brussel Sprouts Dinner Roll Seasonal Fruit Milk	6 **Chicken Marsala** Penne Pasta Italian Vegetables Texas Bread Grape Juice Milk	7 **Meatballs w/ Tomato Gravy** Wild Rice Lima Beans Wheat Roll Mandarin Oranges Milk	8 **Popcorn Chicken w/ BBQ Sauce** Baked Beans Sliced Carrots Wheat Bread Tropical Fruit Milk
9 **Meatballs w/ Spaghetti Sauce** Tater Tots Broccoli Hot Dog Bun Apple Juice Milk	10 **Chicken Breasts w/ Lemon Scarpariello Sauce** Rice Pilaf Green Beans Texas Bread Seasonal Fruit Milk	11 **Bourbon Pork Roast** Oven Roasted Potatoes Collard Greens Dinner Roll Mandarin Oranges Milk	12 **Beef Patty** Slice Cheese Baked Beans Garden Vegetables Hamburger Bun Seasonal Fruit Milk Mayo/Mustard/Ketchup	13 **Turkey Stuffed Pepper Casserole** Cauliflower Texas Bread Peach Crisp Milk	14 **Chicken Breast w/ Terragon Sauce** Buttered Rice Brussel Sprouts Dinner Roll Tropical Fruit Milk	15 **Sloppy Joe** Potato Wedges Diced Beets Hamburger Bun Seasonal Fruit Milk
16 **Teriyaki Chicken Breast** Fried Rice Glazed Carrots Dinner Roll Tropical Fruit Milk	17 **BBQ Pulled Pork** Whipped Potatoes Mixed Vegetables Hamburger Bun Applesauce Milk	18 **A-1 Chopped Steak** Whole Kernel Corn Green Peas Texas Bread Seasonal Fruit Milk	19 **Chicken Cacciatore** Penne Pasta Broccoli Wheat Bread Very Berry Juice Milk	20 **Western Baked Beef** Cheesy Rice Brussel Sprouts Texas Bread Seasonal Fruit Milk	21 **Chicken Patty** Oven Roasted Potatoes Capri Vegetables Hamburger Bun Fruit Punch Juice Milk Honey Mustard Sauce	22 **Fiesta Macaroni & Cheese** Green Peas Cauliflower Texas Bread Mandarin Oranges Milk
23 **Chicken Breast w/Apple Cider Mustard Glaze** Whipped Potatoes Lima Beans Wheat Roll Seasonal Fruit Milk	24 **Sliced Ham w/ Raisin Sauce** Northern Beans Spinach Cornbread Fruit Punch Juice Milk	25 **Sweet n' Sour Meatballs** Wild Rice Cabbage Wheat Roll Seasonal Fruit Milk	26 **Smothered Chicken** Macaroni & Cheese Yellow Squash & Zucchini Texas Bread Mandarin Oranges Milk	27 **Turkey & Sweet Potato Hash** Seasonal Green Beans Dinner Roll Pear Cobbler Milk	28 **Cheese Omelet** Turkey Sausage O'Brien Potatoes Stewed Tomatoes Dinner Roll Tropical Fruit Milk	29 **Bourbon Chicken** Egg Noodles Mixed Greens Wheat Bread Orange Juice Milk
30 **Creole Beef Patty** Buttered Rice Green Peas Dinner Roll Seasonal Fruit Milk	1 **Cranberry Dijon Chicken** Delmonico Potatoes Mixed Vegetables Texas Bread Cinnamon Applesauce Milk	2	3	4	5	6