



# Meals on Wheels Durham - Frozen Meal Menu

## January 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>Teriyaki Chicken</b> Rice Pilaf Mixed Vegetables Dinner Roll Seasonal Fruit Milk	<b>Swiss Steak</b> Mashed Red Potatoes Harvard Beets Wheat Bread Seasonal Fruit Milk	<b>Smothered Chicken</b> Egg Noodles Green Beans Texas Bread Pineapple Tidbits Milk	<b>Meatballs in Gravy</b> Twice Whipped Potatoes Green Beans Dinner Roll Mixed Fruit Milk	<b>Cheese Omelet</b> Hash brown Casserole Stewed Tomatoes Bagel Orange Juice Milk Jelly	<b>Sweet n Sour Popcorn Chicken</b> Rice Green Peas Wheat Bread Mandarin Oranges Milk	<b>Meat Sauce</b> Parslied Penne Pasta Mixed Vegetables Wheat Dinner Roll Pineapple Tidbits Milk
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>Meatloaf</b> Brown Gravy Whipped Potatoes Glazed Carrots Dinner Roll Mixed Fruit Milk	<b>Pork Roast</b> BBQ Sauce Cheesy Rice Green Peas Wheat Bread Fruit Punch Milk	<b>Beef Patty</b> Baked Beans Whole Kernel Corn Hamburger Bun Seasonal Fruit Milk Ketchup	<b>Baked Chicken Breast</b> Cranberry Sauce Spiced Yams Green Beans Dinner Roll Very Berry Juice Milk	<b>Spaghetti Casserole</b> Green Peas Winter Blend Vegetables Texas Bread Seasonal Fruit Milk	<b>Pizza Casserole</b> Italian Vegetable Blend Wheat Bread Warm Mixed Fruit Milk	<b>Chicken Breast w/Lemon Sauce</b> Whipped Potatoes Capri Vegetable Blend Wheat Dinner Roll Orange Juice Milk
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>Turkey Breast</b> Poultry Gravy Rice Pilaf Mixed Greens Texas Bread Fruit Punch Milk Margarine <b>MOWD OFFICE CLOSED</b>	<b>Macaroni &amp; Cheese</b> Ranch Beans Broccoli Wheat Bread Fresh Fruit Milk	<b>Parmesan Chicken</b> Penne Pasta Green Beans w/Peppers Dinner Roll Pineapple Tidbits Milk	<b>Taco Meat</b> Mixed Beans Mexican Corn Flour Tortilla Apple Juice Milk	<b>BBQ Pork Riblet</b> Corn O'Brien Broccoli Hamburger Bun Seasonal Fruit Milk	<b>A-1 Chopped Steak</b> Mashed Red Potatoes Parslied Carrots Dinner Roll Applesauce Milk	<b>BBQ Chicken Patty</b> Crispy Cubed Potatoes Green Beans Hamburger Bun Pineapple Tidbits Milk
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>
<b>Salisbury Beef</b> <b>Brown Gravy</b> Rice Pilaf Green Peas Dinner Roll Seasonal Fruit Milk	<b>Ham &amp; White Beans</b> Garlic Whip Potatoes Collard Greens Cornbread Mixed Fruit Milk	<b>Jamaican Chicken</b> Cajun Rice Corn O'Brien Dinner Roll Pineapple Tidbits Milk	<b>Sloppy Joe</b> Baked Beans Brussels Sprouts Hamburger Bun Fresh Fruit Milk	<b>Turkey Supreme</b> Confetti Rice Broccoli Dinner Roll Apple Juice Milk	<b>Bourbon-Style Chicken</b> Macaroni & Cheese Collard Greens Wheat Bread Tropical Fruit Milk	<b>Beef Hamburger Patty</b> Potato Tots Sliced Carrots Hamburger Bun Orange Juice Milk Ketchup