



Meals on Wheels Durham - Hot Meal Menu

January 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6	7	8	9	10
Meatloaf Brown Gravy Whipped Potatoes Glazed Carrots Dinner Roll Mixed Fruit Milk	Pork Roast BBQ Sauce Cheesy Rice Green Peas Wheat Bread Fruit Punch Milk	Beef Patty Baked Beans Whole Kernel Corn Hamburger Bun Seasonal Fruit Milk Ketchup	Baked Chicken Breast Cranberry Sauce Spiced Yams Green Beans Dinner Roll Very Berry Juice Milk	Spaghetti Casserole Green Peas Winter Blend Vegetables Texas Bread Seasonal Fruit Milk
13	14	15	16	17
Turkey Breast Poultry Gravy Rice Pilaf Mixed Greens Texas Bread Fruit Punch Milk Margarine	Macaroni & Cheese Ranch Beans Broccoli Wheat Bread Seasonal Fruit Milk	Parmesan Chicken Penne Pasta Green Beans w/Peppers Dinner Roll Pineapple Tidbits Milk	Taco Meat Mixed Beans Mexican Corn Flour Tortilla Apple Juice Milk	BBQ Pork Riblet Corn O'Brien Broccoli Hamburger Bun Seasonal Fruit Milk
20	21	22	23	24
MOWD OFFICE CLOSED FOR MLK DAY	Ham & White Beans Garlic Whipped Potatoes Collard Greens Cornbread Mixed Fruit Milk	Jamaican Chicken Cajun Rice Corn O'Brien Dinner Roll Pineapple Tidbits Milk	Sloppy Joe Baked Beans Brussels Sprouts Hamburger Bun Seasonal Fruit Milk	Turkey Supreme Confetti Rice Broccoli Dinner Roll Apple Juice Milk
27	28	29	30	31
Teriyaki Chicken Rice Pilaf Mixed Vegetables Dinner Roll Seasonal Fruit Milk	Swiss Steak Mashed Red Potatoes Harvard Beets Wheat Bread Seasonal Fruit Milk	Smothered Chicken Egg Noodles Green Beans Texas Bread Pineapple Tidbits Milk	Meatballs in Gravy Twice Whipped Potatoes Green Beans Dinner Roll Mixed Fruit Milk	Cheese Omelet Hash brown Casserole Stewed Tomatoes Bagel Orange Juice Milk Jelly