

Meals on Wheels Durham - Frozen Meals Menu

November 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4	5	6	7	8	9	10
Creole Beef Patty Spiced Brown Rice Green Peas w/Red Pepper Texas Bread Pineapple Tidbits Milk Margarine	Cranberry Dijon Chicken Roasted Potatoes Mixed Vegetables Texas Bread Mandarin Oranges Milk Margarine	Teriyaki Pork Roast Rice Pilaf Glazed Carrots Dinner Roll Tropical Fruit Milk Margarine	Meatloaf w/ Steakhouse Sauce Whipped Potatoes Lima Beans Wheat Bread Applesauce Milk	Chicken Breast w/ Red Eye Gravy Whipped Sweet Potatoes Whole Kernel Corn Dinner Roll Berry Juice Milk	Pizza Casserole Italian Vegetable Blend Wheat Bread Warm Spiced Fruit Milk	Popcorn Chicken w/ Sweet n Sour Rice Carrots Tropical Fruit Wheat Bread Milk
11	12	13	14	15	16	17
Meatballs Spaghetti Sauce Tater Tots Broccoli Hot Dog Bun Apple Juice Milk	Salisbury Beef w/ Mushroom Gravy Rice Pilaf Whole Kernel Corn Wheat Bread Mandarin Oranges Milk	Bourbon Pork Roast Macaroni & Cheese Collard Greens Dinner Roll Applesauce Milk Margarine	Beef Patty Sliced Cheese Ranch Beans Mixed Vegetables Hamburger Bun Tropical Fruit Milk Ketchup	Turkey Tetrazzini Green Peas w/Red Pepper Sliced Carrots Texas Bread Pineapple Tidbits Milk	Chicken Breast w/ Lemon Sauce Garlic Whipped Potatoes Capri Vegetable Blend Dinner Roll Orange Juice Milk	Sloppy Joe Tater Tots Green Beans Hamburger Bun Mandarin Oranges Milk
18	19	20	21	22	23	24
Western Baked Beef Cheesy Rice Green Peas Dinner Roll Tropical Fruit Milk Margarine	Parmesan Chicken Penne Pasta Broccoli Tossed Salad Dinner Roll Mixed Berry Juice Milk French Dressing	BBQ Pork Riblet Ranch Potatoes Corn O'Brien Hamburger Bun Applesauce Milk	Beef Fiesta Macaroni & Cheese Fiesta Vegetable Blend Green Beans Dinner Roll Mandarin Oranges Milk	Pork Roast w/Gravy Whipped Potatoes Green Beans Amandine Texas Bread Pineapple Tidbits Milk Margarine	Cheese Omelet Tater Tot Casserole Stewed Tomatoes Texas Bread Apple Juice Milk	Chicken Patty Oven Roasted Potatoes Carrots Hamburger Bun Mixed Fruit Juice Milk BBQ Sauce
25	26	27	28	29	30	1
Baked Chicken Gravy Whipped Potatoes Lima Beans Dinner Roll Applesauce Milk	Sliced Ham Navy Beans Turnip Greens Cornbread Berry Juice Milk Margarine	Sweet n Sour Meatballs Brown Rice Green Peas w/Red Pepper Dinner Roll Mandarin Oranges Milk	Smothered Chicken Macaroni & Cheese Mixed Vegetables Wheat Bread Pineapple Tidbits Milk MOWD OFFICE CLOSED	Spaghetti Casserole Whole Kernel Corn Broccoli Texas Bread Mixed Fruit Milk Margarine MOWD OFFICE CLOSED	Beef Cabbage Casserole Green Peas Dinner Roll Warm Spiced Peaches Milk Margarine	Meatballs w/ Tomato Gravy Confetti Rice Green Beans Texas Bread Pineapple Tidbits Milk

