



ALL MEALS ARE SERVED WITH 2% MILK

Meals on Wheels Wake County

May 2025 Menu

Call 919-833-1749 to Cancel

Monday	Tuesday	Wednesday	Thursday	Friday
			5/1	5/2
REMINDER IF YOU WILL NOT BE HOME	CALL THE DAY BEFORE BY 12PM	TO CANCEL YOUR MEAL DELIVERY	Salisbury Steak w/Brown Gravy, Spinach, Mixed Beans, Texas Toast, Orange <i>*CONTAINS BEEF*</i>	Chicken Curry, Rice White & Wild Broccoli & Carrots, Pita Bread, Banana
5/5	5/6	5/7	5/8	5/9
Spaghetti w/Meat, Chopped Broccoli, Italian Bread, Peach Cobbler, Apple, Grape Juice <i>*CONTAINS BEEF*</i>	Chicken Parmesan, Rice Pilaf, Brussels Sprouts, Wheat Bread, Fresh Fruit, Orange Juice	BBQ Riblet, Green Beans w/Red Peppers, O'Brien Potatoes, Hamburger Bun, Banana	Meatloaf Patty w/Onion Gravy, Sweet Potatoes, Summer Veggie Blend, Dinner Roll, Orange, Apple Juice <i>*CONTAINS BEEF*</i>	Baked Chicken, Dill Carrot Coins, Navy Beans, Wheat Roll, Orange
5/12	5/13	5/14	5/15	5/16
Beef Pot Pie, Carrot Coins, Field Peas, Wheat Bread, Lemon Pudding, Fresh Fruit	Beef Ravioli, Zucchini Medley, Peas & Onions, Italian Bread, Orange	Swiss Steak w/Onion Gravy, Spinach Au Gratin, Beets w/Orange, Texas Toast, Banana, Apple Juice	Chicken Breast w/Southwest Sauce, Turnip Greens, Sourdough Bread, Orange, Pineapple Juice	Hamburger on a Bun w/Lettuce & Tomato Slice, Pineapple Crisp Zucchini, Apple, Mustard Pack
5/19	5/20	5/21	5/22	5/23
BBQ Pork w/Hamburger Bun, Sugar Snap Peas, BBQ Beans, Fresh Fruit, Grape Juice	Baked Chicken, Spinach, Mashed Potatoes, Sourdough Bread, Banana, Cranberry Juice	Beef & Broccoli, Carrot Coins, Rice, White Bread, Apple, Fortune Cookie	Jambalaya w/mixed beans, Rice, Wheat Roll, Fresh Fruit	Chicken & Dumplings, Lima Beans w/Red Winter Blend Vegetables, Wheat Roll, Banana, Grape Juice
5/26	5/27	5/28	5/29	5/30
CLOSED FOR MEMORIAL DAY HOLIDAY	Smoked Sausage, Peach Crisp, Black Beans, Coleslaw, Hotdog Bun, Mustard Packet <i>*CONTAINS BEEF, PORK & TURKEY*</i>	Baked Chicken, Italian Vegetables, Organic Sweet Potatoes, Fresh Fruit, Wheat Roll	Salisbury Steak w/Brown Gravy, Spinach, Mixed Beans, Texas Toast, Orange <i>*CONTAINS BEEF*</i>	Chicken Curry, Rice White & Wild Broccoli & Carrots, Pita Bread, Banana