

April-Approved
2026

MEALS on WHEELS®
HAYWOOD COUNTY

Mostly Whole Wheat or Whole Grain Products

**ALL MEALS
SUBJECT TO CHANGE**

Monday	Tuesday	Wednesday	Thursday	Friday
TO REHEAT MEALS Tear back plastic. Heat in 1 minute intervals. Add 30 seconds until food is warm enough to eat.	SHADED DAYS = DELIVERY DAYS If you get 5 meals = M/T/Th If you get 3 meals = Th ONLY If you get 2 meals = M/T-ONLY	1 HOT Chicken Noodle Soup Roasted Brussels Sprouts Cheesy Grits Wheat Roll Orange	2 COLD Tuna Salad Sandwich on Wheat Bread Marinated Tomato- Cucumber Salad Potato Salad Raisins	3 CLOSED FOR HOLIDAY NO MEAL TODAY
6 HOT White Chicken Chili Collard Greens Roasted Potatoes Cornbread Peaches	7 HOT Crispy Fish Sandwich w/ Wheat Bun Cauliflower Mash Sweet Peas Seasonal Fruit	8 HOT Beef Stroganoff w/ Egg Noodles Roasted Broccoli Mashed Potatoes Wheat Roll Applesauce	9 COLD Pesto Chicken Pasta Salad Carrot Raisin Salad Kidney Bean Salad Wheat Roll Oranges	10 (V) FROZEN Black Bean Burrito w/ Flour Tortilla Spanish Rice Sweet Corn Seasonal Fruit
13 HOT Chicken Alfredo w/ Penne Pasta Green Beans Honey Glazed Carrots Wheat Roll Applesauce	14 HOT Fish Sticks Mixed Vegetable Medley Cheesy Grits Wheat Roll Seasonal Fruit	15 HOT Bolognese w/ Penne Pasta Sweet Peas Steamed Squash Wheat Roll Raisins	16 (V) Cold Roasted Red Pepper Hummus W/ Pita Bread Italian Pasta Salad Carolina Caviar Mixed Fruit	17 FROZEN Chicken Pot Pie w/ Biscuit Top Sweet Corn Roasted Potatoes Seasonal Fruit
20 HOT American Goulash Seasoned Lima Beans Sweet Corn Wheat Roll Raisins	21 HOT Salisbury Steak w/Mushroom Gravy Roasted Brussel Sprouts Mashed Potatoes Wheat Roll Seasonal Fruit	22 HOT Sausage with Peppers and Onions Cajun Red Beans Roasted Broccoli Wheat Roll Peaches	23 (V) Cold Pimento Cheese w/ Wheat Bread Marinated Beet Salad Roasted Veggie Pasta Salad Mandarin Oranges	24 FROZEN Pinto Beans w/Ham&onions Turnip Greens Mashed Potatoes Wheat Roll Applesauce
27 HOT Sloppy Joe w/ Bun Green Beans Roasted Potatoes Oranges	28 HOT Cabbage Roll in a Bowl Green Beans Mac n Cheese Cheddar Cornbread Raisins	29 HOT Hot Dog w/Bun Mac N Cheese Sweet Peas Applesauce	30 COLD Southwestern Chicken Salad w/ House Chipolte Ranch Caprese Salad Mac Salad Wheat Roll Peaches	AMERICA, LET'S DO LUNCH
MEALS INCLUDE: 1 SERVING OF DAIRY 1/3 RECOMMENDED NUTRITIONAL REQUIREMENTS	ALL MEALS: APPROVED BY REGISTERED DIETITIAN (V)= Vegetarian Meal	QUESTIONS: Cheryl McCracken Program Supervisor 828-356-2442	IF YOU HAVEN'T RECEIVED YOUR MEAL BY 12:15 CALL US!	DELIVERY DAYS: MONDAY - HOT MEAL TUESDAY - HOT MEAL WEDNESDAY HOT THURSDAY 3 COLD