

August MENU- Approved
2022

MEALS on WHEELS®
HAYWOOD COUNTY

Mostly Whole Wheat or Whole Grain Products

ALL MEALS
SUBJECT TO CHANGE

Monday		Tuesday		Wednesday		Thursday		Friday	
1	HOT Beef Stroganoff Honey Taragon Carrots Garlic Green Beans Wheat Roll Applesauce 2% Milk	2	HOT Chicken w/ Mushroom Gravy Mashed Potatoes Sweet Peas Peach Cup Wheat Roll 1% Choc. Milk	3	COLD Southwestern Chicken Salad Corn & Black Beans Salsa, Chipolte Ranch Wheat Roll Pear String Cheese	4	FROZEN Lentil Soup Brussels Sprouts Herb Couscous Wheat Roll Peach Cup Yogurt	5	COLD Tuna Sandwich + LTO Kale Salad Pesto Pasta Whole Wheat Bread Raisins 2% milk
8	HOT Chicken BBQ w/ Bun Roasted Sweet Potatoes Garlic Green Beans Raisins 2% milk	9	HOT Whiting Provencal Sweet Peas Ranch Potatoes Wheat Roll Apple Sauce Yogurt	10	COLD Roasted Garlic Hummus Carrot Raisin Salad Pesto Pasta Pita Bread Mixed Fruit Cup 2% Milk	11	FROZEN Hot Dog w/ Bun Collard Greens Roasted Herb Potatoes Pear String Cheese	12	COLD Variety Meal Wheat Roll Raisins 1% Chocolate Milk
15	HOT Panko Crusted White Fish Turmeric Roasted Cauliflower Zucchini Peaches Wheat Roll 2% Milk	16	HOT Chicken Chow Mein Sugar Snap Peas Steamed Brown Rice Wheat Roll Pear 2% Milk	17	FROZEN Cheeseburger w/ bun Brussels Sprouts Baked Beans Apple Sauce Yogurt	18	FROZEN Vegetable Stew Roasted Broccoli w/ Garlic Mac n Cheese Cranberry Apple Juice String Cheese	19	COLD Pimento Cheese Kale Salad Bean Salad Pita Bread Apple 1% Chocolate Milk
22	HOT Braised Pork Chop Garlic Mashed Potatoes Collard Greens Wheat Roll Mixed Fruit Cup 2% Milk	23	HOT Honey Lime Chicken Garlic Green Beans Mac n Cheese Wheat Roll Apple Sauce 2% Milk	24	COLD Turkey & Swiss, Wheat Bread Potato Salad Broccoli Salad Peach Cup Yogurt	25	FROZEN Curry Vegetables Seasoned Red Beans Herb Couscous Raisins Pita Bread String Cheese	26	FROZEN Chicken Pot Pie Roasted Tomatoes Cheddar Mashed Potatoes Wheat Roll/Biscuit Mixed Fruit Cup 1% Chocolate Milk
29	HOT Sloppy Joe w/ Bun Garlic Green Beans Ranch Mashed Potatoes Peach Cup 2% Milk	30	HOT Black Bean Burrito Salsa Verde Roasted Corn O'Brien Cilantro Lime Brown Rice Pear 2% Milk	31	COLD Chicken Ceaser Salad Potato Salad Pesto Orzo Pasta Wheat Roll Peach Cup Yogurt	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			
MEALS INCLUDE: 1/2 PINT 2% MILK 1/3 RECOMMENDED NUTRITIONAL REQUIREMENTS		ALL MEALS: APPROVED BY A REGISTERED DIETITIAN VIA HAYWOOD CO. HD		QUESTIONS: STEFFIE DUGINSKE PROGRAM SUPERVISOR 828-356-2442				IF YOU HAVEN'T RECEIVED YOUR MEAL BY NOON CALL US!	