

August- Approved
2025

MEALS on WHEELS®
HAYWOOD COUNTY

Mostly Whole Wheat or Whole Grain Products

ALL MEALS

SUBJECT TO CHANGE

Monday	Tuesday	Wednesday	Thursday	Friday- <i>No Delivery</i>
DELIVERY DAYS If you get <u>5 meals</u> = M/T/W/Th If you get <u>2 meals</u> = Th ONLY If you get <u>3 meals</u> = M/T/W-ONLY	REHEAT MEALS 1) Tear off plastic. 2) Heat for 1 minute 3) If needed, add 30 seconds until food is warm enough to eat.			1 Tortilla soup Refried Beans Spanish Rice Hush Puppies Mixed Fruit
4 Hot Hotdog W/ bun Steamed Broccoli Honey- Tarragon Carrots Mandarain Orange	5 Hot Roasted Cod w/ Garlic Aioli Steamed Asparagus Cheesy Grits Wheat Roll Peaches	6 HOT Cheeseburger on Wheat Bun Roasted Potatoes Sweet Peas Raisins	7 Cold Southwestern Chicken Salad w/ House Ranch Three Bean Salad Carrot Raisin Salad Wheat Roll Mixed Fruit	8 Frozen Chicken & Sausage Gumbo Roasted Brussels Sprouts Mashed Potatoes Wheat Roll Raisins
11 Hot Shapard Pie W/ Biscuit top Lima beans Steamed green beans Peaches	12 Hot Fish Sticks Mashed Potatoes Mixed Vegetables Wheat Roll Mandarin Oranges	13 HOT BBQ Chicken Sandwich w/ Wheat Bun Cheesy Grits Collard Greens Mixed Fruit	14 (V) Cold Pimento Cheese Sandwich on Wheat Bread Marinated Beet Salad Watermelon & Cucumber Salad Applesauce	15 Frozen Greek Chicken Bowl Lemon Rice Roasted Tomatoes Seasoned Green Beans Wheat Roll Peaches
18 Hot Crispy Fish Sandwich w/ Wheat Bun Turnip Greens Summer Squash Peaches	19 (V) Hot Pinto Posole Macaroni & Cheese Garlic-Butter Carrots Cheddar Cornbread Applesauce	20 HOT Sloppy Joe Roasted Broccoli Mashed Sweet Potatoes Wheat Roll Raisins	21 Cold Greek Chicken Salad w/ Dressing Tomato & Cucumber Salad Potato Salad Pita Bread Mixed Fruit	22 Frozen Black Bean Burrito w/ Flour Tortilla Sweet Corn Cilantro-Lime Rice Applesauce
25 Hot Cheeseburger on Wheat Bun Green Beans Roasted Potatoes Mixed Fruit	26 Hot Baked Pork Chop Collard Greens w/ Onion Baked Beans Wheat Roll Applesauce	27 HOT Beef Stroganoff Mixed Veggies Sweet Peas Wheat Roll Peaches	28 (V) Cold Roasted Garlic Hummus w/ Pita Bread Tri-Color Pasta w/ Seasonal Veggies Kale Salad Mandarin Oranges	29 Frozen White Chicken Chili Mashed Sweet Potatoes Sweet Corn Cornbread Raisins
MEALS INCLUDE: 1/3 Recommended Daily Requirements for Dairy Milk/Cheese/ Yogurt	ALL MEALS: APPROVED BY Kitchen Supervisor Tony McClure (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 MEAL THURSDAY- 2 COLD MEALS

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