


January
2026

MEALS on WHEELS®
HAYWOOD COUNTY

Mostly Whole Wheat or Whole Grain Products

**ALL MEALS
SUBJECT TO CHANGE**

Monday	Tuesday	Wednesday	Thursday	Friday
	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	TO REHEAT MEALS Tear back plastic. Heat in 1 minute intervals. Add 30 seconds until food is warm enough to eat.	1 COLD HOLIDAY HAPPY NEW YEAR NO MEALS DELIVERED TODAY	2 FROZEN Bell Pepper Soup Seamed Broccoli Grits Wheat Roll Mixed Fruit
5 HOT Crispy Fish Sandwich w/ Bun Seasoned Pinto Beans Collard Greens Applesauce	6 HOT Jerk Chicken Coconut Rice Mashed Sweet Potatoes Cheddar Cornbread Peaches	7 Hot American Goulash Honey-Butter Carrots Sweet Peas Raisins Wheat Roll	8 COLD Chicken Salad Sandwich on Wheat Bread Italian Pasta Salad Caprese Salad Peaches	9 FROZEN Butter Bean Vegetable Stew Roasted Potatoes Sweet Corn Mixed Fruit Wheat Roll
12 HOT Meatballs w/ Marinara Seasoned Buttered Noodles Steamed Broccoli Wheat Roll Peaches	13 HOT Baked Pork Chop Cajun RedBeans Roasted Potatoes Wheat Roll Apple/Pear	14 Hot Cheeseburger With Wheat Bun Mac N Cheese Sweet Peas Mandarin Oranges	15 Cold Red Pepper Hummus w/ Pita Kale Salad Mac Salad Mixed Fruit	16 FROZEN Smoked Sausage And Cabbage Skillet Cheesy Grits Refried Beans Wheat Roll Raisins
19 CLOSED TODAY HOLIDAY NO MEALS DELIVERED TODAY	20 HOT Fish Sticks Mashed Potatoes Green Beans Wheat Roll Orange	21 Hot Salisbury Steak w/Mushroom Gravy Mixed Vegetables Brown Rice Wheat Roll Apple	22 Cold Pimento Cheese Sandwich With Wheat Bread Beet Salad w/ Basil Three Bean Salad Apple/Pear	23 FROZEN Pinto Posole Sweet Corn Mashed Potatoes Mixed Fruit Cornbread
26 HOT Bolognese w/ Penne Steamed Brussel Sprouts Garlic-Butter Carrots Peaches Wheat Roll	27 HOT BBQ Chicken Sandwich w/Wheat Bun Garlic Green Beans Baked Beans Apple/Pear	28 Hot Stuffed Bell Pepper Soup Roasted Broccoli Cheddar Grits Raisins Hushpuppies	29 COLD Turkey and Swiss on Wheat Bread Carolina Caviar Tomato Cucumber Salad Applesauce	30 FROZEN Variety Meal Meals that have been prepared fresh then frozen immediately. Wheat Roll Raisins
MEALS INCLUDE: 1 SERVING OF DAIRY 1/3 RECOMMENDED NUTRITIONAL REQUIREMENTS	ALL MEALS: APPROVED BY REGISTERED DIETITIAN/	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- 2 COLD