


JANUARY MENU 2022

MEALS on WHEELS® HAYWOOD COUNTY

ALL MEALS
SUBJECT TO CHANGE

Monday	Tuesday	Wednesday	Thursday	Friday
3 HOT Beef Stroganoff Steamed Carrots Zucchini & Squash Mix Wheat Roll Pear	4 HOT Chicken Breast w/ Mushroom Gravy Sweet Peas Mashed Potatoes Wheat Roll Orange	5 FROZEN BBQ Pork Chop Cut Green Beans Roasted RedSkin Potatoes Wheat Roll Peach Cup	6 COLD Hummus w/ Roasted Garlic & Herbs Corn & Black Bean Salad Red Potato Salad Peta Bread	7 FROZEN Chicken Ala King Steamed Peas Roasted Sweet Potatoes Wheat Roll Orange
10 HOT Louisiana Gumbo Red Beans Brown Rice w/ Herbs Wheat Roll Orange	11 HOT Alaskan Pollock Fish Sticks Pinto Beans Mashed Potatoes Wheat Roll Pear	12 FROZEN Pork Burrito w/ Salsa Verde Roasted Corn Steamed Brown Rice Raisins	13 FROZEN Baked Potato w/ Veggie Chili & Sour Cream Roasted Tomatoes Steamed Broccoli Wheat Roll Apple	14 COLD Tuna Salad Sandwich Carrot Raisin Salad Pesto Pasta Salad Wheat Berry Bread Peach Cup
17 CLOSED MLK DAY NO MEAL DELIVERY	18 HOT Chicken BBQ w/ Whole Wheat Bun Collard Greens Parsley Potatoes Apple	19 FROZEN Beef Hotdog w/ Bun Chili Topping Herb Potatoes Apple Sauce Onion & Mustard	20 COLD Pimento Cheese Kale Salad Red Potatoe Salad Wheat Berry Bread Mixed Fruit Cup	21 FROZEN Chicken Pot Pie Steamed Broccoli Cheddar Mashed Potatoes Buscuit Raisins
24 HOT White Chili Roasted Corn Steamed Brown Rice Wheat Roll Pear	25 HOT Roasted Cod w/ Marinara & Mozzarella Steamed Squash w/ Dill Pest Pasta Alfredo Banana	26 FROZEN Braised Pork Chop w/ Dijon Cream Sauce Honey Glazed Carrots Mac & Cheese (Whole Wheat) Wheat Roll	27 FROZEN Butternut Squash Soup Brussel Sprouts Penne Pasta (Whole Wheat) Wheat Roll Raisins	28 FROZEN Creamy Pesto Chicken Pasta (Whole Wheat) Broccoli Salad Bean Salad Wheat Roll Peach Cup
31 HOT Roasted Cod w/ Brussel Sprouts Roasted Pepper Pasta Wheat Roll Apple		SHADED DAYS = DELIVERY DAYS If you get 5 meals = M, T, Th If you get 3 meals = Th ONLY	AMERICA, LET'S DO LUNCH.™	LUNCH 
MEALS INCLUDE: 1/2 PINT 2% MILK 1/3 RECOMMENDED NUTRITIONAL REQUIREMENTS	ALL MEALS: APPROVED BY REGISTERED DIATITIAN VIA HAYWOOD CO. HD	QUESTIONS: STEFFIE DUGINSKE PROGRAM SUPERVISOR 828-356-2442	IF YOU HAVEN'T RECEIVED YOUR MEAL BY 12:00PM CALL US!	DELIVERY DAYS: MONDAY - HOT MEAL TUESDAY - HOT MEAL THURSDAY - 3 COLD