


May - Approved  
2026

**MEALS on WHEELS®**  
**HAYWOOD COUNTY**

Mostly Whole Wheat or Whole Grain Products

**ALL MEALS  
SUBJECT TO CHANGE**

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>REHEAT MEALS</b> 1) Tear off plastic. 2) Heat for 1 minute 3) If needed, add 30 seconds until food is warm enough to eat.	If you get 5 meals = M/T/Th If you get 3 meals = Th ONLY If you get 2 meals = M/T-ONLY	<b>AMERICA, LET'S DO LUNCH™</b>	1 <span style="float: right;">Frozen</span> Pork Carnitas Burrito w/ Salsa Verde Sweet Corn Spanish Rice Seasonal Fruit
4 <span style="float: right;">Hot</span> White Chicken Chili Roasted Broccoli Roasted Potatoes Cornbread Peaches	5 <span style="float: right;">Hot</span> Baked Pork Chop Baked Beans Honey Glazed Carrots Wheat Roll Seasonal Fruit	6 <span style="float: right;">HOT</span> Beef Sroganoff w/Egg Noodles Sweet Peas Roasted Sweet Potatoes Wheat Roll Applesauce	7 <span style="float: right;">Cold</span> Greek Chicken Salad w/ Greek Dressing Carrot Raisin Salad Kidney Bean Salad Wheat Roll Mixed Fruit	8 <span style="float: right;">(V) Frozen</span> Black Bean Burrito w/ Flour Tortilla Rice Pilaf Sweet Corn Oranges
11 <span style="float: right;">Hot</span> Chicken Pot Pie w/ Biscuit Top Mashed Potatoes Summer Squash Raisins	12 <span style="float: right;">Hot</span> Sloppy Joe w/Wheat Bun Roasted Vegetable Medley Roasted Sweet Potatoes Mixed Fruit	13 <span style="float: right;">HOT</span> Pinto Beans w/ Ham & Onion Roasted Zucchini Mashed Potatoes Wheat Roll Peaches	14 <span style="float: right;">(V) Cold</span> Pimento Cheese Sandwich w/ Wheat Bread Marinated Beet Salad Potato Salad Applesauce	15 <span style="float: right;">Frozen</span> Roasted Chicken w/Mushroom Gravy Potato Wedges Sweet Peas Wheat Roll Raisins
18 <span style="float: right;">Hot</span> Cheeseburger w/ Wheat Bun Garlic Roasted Potatoes Sweet Corn Peaches	19 <span style="float: right;">(V) HOT</span> Pinto Posole Cheesy Grits Roasted Baby Carrots Cornbread Seasonal Fruit	20 <span style="float: right;">HOT</span> Greek Chicken Bowl w/ Lemon Rice Stewed Green Beans Pita Bread Mixed Fruit	21 <span style="float: right;">Cold</span> Turkey & Swiss Sandwich w/ Wheat Bread Tri-Color Pasta Salad Carolia Caviar Oranges	22 <span style="float: right;">Frozen</span> BBQ Chicken Sandwich w/ Wheat Bun Cajun Red Beans Collard Greens w/ Onion Applesauce
25 <b>CLOSED FOR HOLIDAY NO MEAL TODAY</b>	26 <span style="float: right;">Hot</span> Sausage with Peppers and Onions Summer Squash Cheesy Mashed Potato Raisins Wheat Roll	27 <span style="float: right;">(V) HOT</span> Bean Chili Mixed Vegetables Mac N Cheese Cheddar Cornbread Applesauce	28 <span style="float: right;">Cold</span> Southwestern Chicken Salad w/ House Chipolte Ranch Mac Salad Wheat Roll Peaches	29 <span style="float: right;">Frozen</span> <b>Roasted Chicken w/ Mushroom Gravy</b> Potato wedges Sweet Peas <b>Wheat Roll</b> Raisins
<b>MEALS INCLUDE: 1/3 Recommended Daily Requirements for Dairy Milk/Cheese/ Yogurt</b>	<b>ALL MEALS: APPROVED BY A REGISTERED DIETITIAN (V) Vegetarian Meal</b>	<b>QUESTIONS: Cheryl McCracken PROGRAM SUPERVISOR 828-356-2442</b>	<b>IF YOU HAVEN'T RECEIVED YOUR MEAL BY 12:15 CALL US!</b>	<b>DELIVERY DAYS: MONDAY - HOT MEAL TUESDAY - HOT MEAL WEDNESDAY-HOT Thursday-1cold 1frozen</b>

