

August- Approved  
2024

**MEALS on WHEELS®**  
HAYWOOD COUNTY

Mostly Whole Wheat or Whole Grain Products

ALL MEALS  
SUBJECT TO CHANGE

Monday		Tuesday		Wednesday		Thursday		Friday- No Delivery	
<b>DELIVERY DAYS</b> 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		<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.		<b>WEDNESDAY TO BE ADDED AS NEW DELIVERY DAY!</b>  <i>Beginning August 7th</i>		1 Turkey and Swiss Sandwich on Wheat Bread Mac Salad Carolina Caviar Applesauce Cold		2 Cabbage Roll in a Bowl Macaroni & Cheese Green Beans Cornbread Mixed Fruit Frozen	
5 Chicken Alfredo w/ Penne Pasta Steamed Broccoli Honey- Tarragon Carrots Wheat Roll Mandarin Oranges Hot	6 Roasted Cod w/ Garlic Aioli Steamed Asparagus Cheesy Grits Wheat Roll Peaches Hot	7 Cheeseburger on Wheat Bun Roasted Potatoes Sweet Peas Raisins HOT	8 Southwestern Chicken Salad w/ House Ranch Three Bean Salad Carrot Raisin Salad Wheat Roll Mixed Fruit Cold	9 Black Bean Burrito w/ Flour Tortilla Sweet Corn Cilantro-Lime Rice Applesauce (V) Frozen					
12 Sausage Peppers & Onions Roasted Broccoli Mashed Sweet Potatoes Wheat Roll Raisins Hot	13 Fish Sticks Mashed Potatoes Mixed Vegetables Wheat Roll Mandarin Oranges Hot	14 BBQ Chicken Sandwich w/ Wheat Bun Cheesy Grits Collard Greens Mixed Fruit HOT	15 Pimento Cheese Sandwich on Wheat Bread Marinated Beet Salad Watermelon & Cucumber Salad Applesauce (V) Cold	16 Greek Chicken Bowl Lemon Rice Roasted Tomatoes Seasoned Green Beans Wheat Roll Peaches Frozen					
19 Crispy Fish Sandwich w/ Wheat Bun Lima Beans w/ onion Summer Squash Peaches Hot	20 Pinto Posole Macaroni & Cheese Garlic-Butter Carrots Cheddar Cornbread Applesauce (V) Hot	21 Spaghetti and Meatballs w/ Marinara Sweet Peas Cauliflower Puree Wheat Roll Mandarin Oranges HOT	22 Greek Chicken Salad w/ Dressing Tomato & Cucumber Salad Potato Salad Pita Bread Mixed Fruit Cold	23 Chicken Noodle Soup Roasted Brussels Sprouts Mashed Potatoes Wheat Roll Raisins Frozen					
26 Cheeseburger on Wheat Bun Green Beans Roasted Potatoes Mixed Fruit Hot	27 Baked Pork Chop Collard Greens w/ Onion Baked Beans Wheat Roll Applesauce Hot	28 Beef Stroganoff w/ Egg Noodles Sweet Peas Cauliflower Puree Wheat Roll Peaches HOT	29 Roasted Garlic Hummus w/ Pita Bread Tri-Color Pasta w/ Seasonal Veggies Kale Salad Mandarin Oriages (V) Cold	30 White Chicken Chili Mashed Sweet Potatoes Sweet Corn Cornbread Raisins Frozen					
<b>MEALS INCLUDE:</b> 1/3 Recommended Daily Requirements for Dairy Milk/Cheese/ Yogurt	<b>ALL MEALS:</b> APPROVED BY RD/ Kitchen Supervisor (V) Vegetarian Meal	<b>Questions:</b> Cheryl McCracken PROGRAM SUPERVISOR 828-356-2442	<b>IF YOU HAVEN'T RECEIVED YOUR MEAL BY 12:15 CALL US!</b>	<b>DELIVERY DAYS:</b> MONDAY - HOT MEAL TUESDAY - HOT MEAL WEDNESDAY- HOT MEAL THURSDAY- 2 COLD MEALS					

