

January- Approved
2024

MEALS on WHEELS®
HAYWOOD COUNTY

Mostly Whole Wheat or Whole Grain Products

ALL MEALS
SUBJECT TO CHANGE

Monday	Tuesday	Wednesday	Thursday	Friday
1 HOT Closed for Holiday NO DELIVERY TODAY	2 HOT Cheeseburger w/ Wheat Bun Mac N Cheese Sweet Peas Wheat Roll Mixed Fruit	3 FROZEN Jerk Chicken Coconut Rice Mashed Sweet Potatoes Cheddar Cornbread Peaches	4 COLD Turkey and Swiss on Wheat Bread Carolina Caviar Roasted Veggie Pasta Salad Raisins	5 (V) FROZEN Butter Bean Vegetable Stew Roasted Potatoes Sweet Corn Hushpuppies Applesauce
8 HOT Meatballs w/ Marinara Seasoned Buttered Noodles Steamed Broccoli Wheat Roll Peaches	9 (V) HOT Pinto Posole Sweet Corn Mashed Potatoes Cornbread Mixed Fruit	10 FROZEN American Goulash Sweet Peas Honey-Butter Carrots Wheat Roll Applesauce	11 COLD Chicken Salad Sandwich on Wheat Bread Italian Pasta Salad Caprese Salad Mandarin Oranges	12 FROZEN Smoked Sausage and Cabbage Skillet Mac n Cheese Refried Beans Wheat Roll Raisins
15 HOT Closed for Holiday NO DELIVERY TODAY	16 HOT Crispy Fish Sandwich w/ Wheat Bun Seasoned Pinto Beans Collard Greens Applesauce	17 FROZEN BBQ Chicken Sandwich w/ Wheat Bun Baked Beans Garlic Green Beans Peaches	18 (V) COLD Red Pepper Hummus w/ Pita Bread Kale Salad Mac Salad Mandarin Oranges	19 FROZEN Stuffed Bell Pepper Soup Roasted Broccoli Cheddar Grits Hushpuppies Mixed Fruit
22 HOT Bolognese w/ Whole Grain Pasta Steamed Brussels Sprouts Garlic-Butter Carrots Wheat Roll Mixed Fruit	23 HOT Pork Chop Cajun Red Beans Roasted Potatoes Wheat Roll Raisins	24 FROZEN Chicken Chow Mein Sugar Snap Peas Steamed Brown Rice Wheat Roll Mandarin Oranges	25 (V) COLD Pimento Cheese Sandwich w/ Wheat Bread Beet Salad w/ Basil Three Bean Salad Peaches	26 FROZEN Variety Meal <i>Meals that have been prepared fresh then immediately frozen to preserve quality & freshness</i> Wheat Roll Mixed Fruit
29 HOT Fish Sticks Mashed Potatoes Green Beans Wheat Roll Raisins	30 HOT Salisbury Steak w/ Mushroom Gravy Mixed Vegetables Brown Rice Wheat Roll Peaches	31 (V) FROZEN Lentil Soup Roasted Broccoli Cheddar Grits Hushpuppies Applesauce	TO REHEAT MEALS Tear back plastic. Heat in 1 minute intervals. Add 30 seconds until food is warm enough to eat. IF YOU HAVEN'T RECEIVED YOUR MEAL BY 12:15PM CALL US!	
MEALS INCLUDE: 1/3 Recommended Daily Requirements for Dairy Milk/Cheese/Yogurt	ALL MEALS: APPROVED BY RD/ Kitchen Supervisor (V) Vegetarian Meal	QUESTIONS: Cassidy Campbell PROGRAM SUPERVISOR 828-356-2442	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 DELIVERY DAYS: MONDAY - HOT MEAL TUESDAY - HOT MEAL THURSDAY - 3 COLD	