

July 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 BBQ Chicken Sandwich w/ Wheat Bun Collard Greens w/ Onion Mashed Potatoes Applesauce	2	(V) COLD Roasted Garlic Hummus w/ Pita Bread Kale Salad w/ House Vin. Mac Salad Raisins 3 MEALS SERVED TODAY	3	FROZEN Salisbury Steak w/ Mushroom Gravy Rice Pilaf Steamed Broccoli Mixed Fruit Wheat Roll	4	No Delivery Today No Meals Served Today  Independence Day	5	FROZEN Variety Meal <i>Meals that have been prepared fresh then immediately frozen to preserve quality & freshness</i> Peaches Wheat Roll
8	HOT White Chicken Chili Mixed Vegetables Roasted Sweet Potatoes Mandarin Oranges Cornbread	9	HOT Hot Dog w/ Bun Baked Beans Roasted Broccoli Applesauce	10	FROZEN Chicken Pot Pie w/ Biscuit Top Roasted Baby Carrots Mashed Potato Peaches	11	(V) COLD Pimento Cheese Sandwich on Wheat Bread Marinated Beet Salad w/ Basil Potato Salad Mixed Fruit	12	FROZEN Greek Chicken & Rice Bowl Green Beans Roasted Tomatoes Raisins Pita Bread
15	(V) HOT Pinto Posole Cheesy Grits Roasted Brussels Sprouts Hushpuppies Mixed Fruit	16	HOT Roasted White Fish w/ Garlic Aioli Rice Pilaf Sweet Peas w/ Mint Raisins Wheat Roll	17	FROZEN Chicken Alfredo w/ Penne Pasta Sweet Peas Honey-Butter Carrots Peaches Wheat Roll	18	COLD Chicken Salad Sandwich on Wheat Bread Carrot Raisin Salad Watermelon & Cucumber Salad Applesauce	19	FROZEN Seasoned Beef Burrito w/ Flour Tortilla Refried Beans Street Corn Mixed Fruit
22	HOT Cheeseburger on Wheat Bun Cream Corn Potato Wedges Mandarin Oranges	23	HOT Baked Pork Chop Roasted Potatoes Garlic Green Beans Applesauce Wheat Roll	24	(V) FROZEN Butternut Squash Soup Steamed Asparagus Grits w/ Roasted Tomato Mixed Fruit Cheddar Cornbread	25	COLD Grilled Chicken Salad w/ Greek Dressing Mediterranean Chickpea Salad Caprese Salad Raisins Pita Bread	26	FROZEN Fish Sticks Corn & Black Bean Medley Mashed Sweet Potato Peaches Wheat Roll
29	HOT Chicken & Sausage Jambalaya w/ Rice Blackeye Peas Steamed Broccoli Raisins Wheat Roll	30	HOT Pulled Pork Sandwich w/ Wheat Bun Lima Beans w/ Onion Roasted Sweet Potato Applesauce	31	(V) FROZEN Bean Chili Roasted Brussels Sprouts Mac n Cheese Peaches Hushpuppies	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!		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	
MEALS INCLUDE: 1/3 Recommended Daily Requirements for Dairy Milk/Cheese/Yogurt		ALL MEALS: APPROVED BY RD/ Kitchen Supervisor (V)- Vegetarian Meal		QUESTIONS: Cheryl McCracken Program Supervisor 828-356-2442					