

March-Approved  
2026

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

Mostly Whole Wheat or Whole Grain Products

**ALL MEALS  
SUBJECT TO CHANGE**

Monday	Tuesday	Wednesday	Thursday	Friday-NO DELIVERY
2 <b>HOT</b> Greek Chicken Bowl Lemon Rice Stewed Green Beans Pita Bread Peaches	3 <b>HOT</b> Roasted Pork Chop Baked Beans Roasted Broccoli Wheat Roll Apple /Pear	4 (V) <b>HOT</b> Pinto Posole Mashed Potato Sweet corn Hushpuppies Mixed Fruit	5 <b>COLD</b> Chicken Salad Sandwich on Wheat Bread Italian Pasta Salad Caprese Salad Raisins	6 <b>FROZEN</b> Bell Pepper Soup Roasted Brussel Sprouts Cheddar Grits Peaches
9 <b>HOT</b> Crispy Fish Sandwich w/Wheat Bun Seasoned Pinto Beans Collard Greens Applesauce	10 <b>HOT</b> Unstuffed Cabbage Roll Macaroni & Cheese Green Beans Wheat Roll Raisins	11 <b>HOT</b> BBQ Chicken Sandwich w/ Wheat Bun Tarragon Carrots Refried Beans Peaches	12 (V) <b>COLD</b> Smokey Sweet Potato Hummus w/ Pita Bread Kale Salad w/ House Vinaigrette Mac Salad Mandarin Oranges	13 <b>FROZEN</b> Pinto Beans w/Ham&Onion Roasted Broccoli Mashed Potatoes Wheat Roll Mixed Fruit
16 <b>HOT</b> Cheeseburger w/ Wheat Bun Roasted Potatoes Green Beans Peaches	17 <b>HOT</b> Baked Cod w/Lemon Caper Cream Sauce Seasoned Rice Steamed Asparagus Wheat Roll Raisins	18 <b>HOT</b> Chicken Alfredo w/ Penne Pasta Roasted Broccoli Honey-Glazed Carrots Wheat Roll Mandarin Oranges	19 <b>COLD</b> Turkey & Swiss Sandwich on Wheat Bread Carolina Caviar Potato Salad Mixed Fruit	20 (V) <b>Frozen</b> Black Bean Burrito in Flour Tortilla Seasoned Rice Sweet Corn Applesauce
23 <b>HOT</b> Chicken Pot Pie w/ Biscuit Top Mashed Potato Mixed Vegetables Mandarin Oranges	24 <b>HOT</b> Pork Posole Grits Sweet Peas Wheat Roll Mixed Fruit	25 <b>HOT</b> Beef Chili Mashed Sweet Potato Garlic GreenBeans Wheat Roll Applesauce	26 <b>COLD</b> Pimento Cheese Sandwich w/ Wheat Bread Kidney Bean Salad Carrot Raisin Salad Peaches	27 <b>FROZEN</b> Smoked Sausage and Cabbage Skillet Mac n Cheese Refried Beans Wheat Roll Raisins
30 <b>HOT</b> Salisbury Steak w/ Mushroom Gravy Cauliflower Puree Roasted Sweet Potatoes Wheat Roll Applesauce	31 <b>HOT</b> Hotdog w/ Bun Sweet Peas Macaroni & Cheese Apple / Pear		<b>TO REHEAT MEALS</b> Tear back plastic. Heat in 1 minute intervals. Add 30 seconds until food is warm enough to eat.	<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 If you get 2 meals = M/T-ONLY
<b>MEALS INCLUDE:</b> 1/3 Recommended Daily Requirements for Dairy Milk/Cheese/Yogurt	<b>ALL MEALS:</b> Approved By Registered Dietitian (V)- Vegetarian Meal	<b>QUESTIONS:</b> Cheryl McCracken Program Supervisor 828-356-2442	<b>IF YOU HAVEN'T RECEIVED YOUR MEAL BY 12:15PM CALL US!</b>	<b>DELIVERY DAYS:</b> MON. - HOT MEAL TUES. - HOT MEAL WED. - HOT MEAL THURS. - 2 COLD/FROZ