NOVEMBER-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 HOT Sausage w/ Peppers and Onions Mashed Potatoes Sweet Peas Oranges Wheat Roll	3 HOT Greek Chicken Bowl w/ Seasoned Rice Roasted Tomatoes Green Beans Raisins Pita Bread	4 HOT Bolognese over Penne Honey Carrots Roasted Broccoli Peaches Wheat Roll	5 (V) COLD Pimento Cheese Sandwich Sandwich w/ Wheat Bread Beet Salad w/ Basil Carolina Caviar Mandarin Oranges	6 FROZEN Cabbage Roll in a Bowl Cheesy Mashed Potatoes Green Bean Casserole Applesauce Hushpuppies
9 HOT Fish Sticks Roasted Herbed Potatoes Sweet Peas Mixed Fruit Wheat Roll	10 HOT Cheeseburger on Wheat Bun Roasted Sweet Potatoes Green Beans Applesauce	11 **Closed for Veteran's Day** No Meals Served Today No Delivery Today	12 COLD Chicken Salad Sandwich w/ Wheat Bread Kale Salad w/ House Vinaigrette Potato Salad Raisins	13 FROZEN Variety Meal *Meals that have been prepared fresh then immediately frozen to preserve quality & freshness* Mixed Fruit Wheat Roll
16 HOT Chicken Alfredo w/ Spaghetti Mashed Sweet Potato Sweet Peas Wheat Roll Mixed Fruit	17 HOT American Goulash Green Beans Roasted Potatoes Wheat Roll Pear	18 HOT Roasted Turkey over Mashed Potatoes Broccoli Casserole Roasted Baby Carrots Cranberry Sauce & Roll Special Holiday Meal!	19 (V) COLD Hummus Wrap Dill Pickle Pasta Salad Carrot Raisin Salad Peaches Flour Tortilla	20 FROZEN BBQ Chicken Sandwich w/ Wheat Bun Turnip Greens Seasoned Pinto Beans Applesauce
23 (V) HOT Butternut Squash Soup Steamed Asparagus Grits w/ Roasted Tomato Cornbread Peaches	24 HOT Baked Cod w/ Lemon Green Beans Rice Pilaf Baked Apples Wheat Roll	25 HOT Chicken Pot Pie w/ Biscuit Top Roasted Broccoli Sweet Corn Mixed Fruit	26 Thanksgiving Holiday No Meals Served Today No Delivery Today	27 Thanksgiving Holiday No Meals Served Today
30 (V) HOT Veggie Chili Over Baked Potato Honey Tarragon Carrots Steamed Broccoli Wheat Roll Raisins	FRUIT- Will be subject to change when we get seasonal fresh fruit!	LUNCH™	**TO REHEAT MEALS** Tear back plastic. Heat in 1 minute intervals. Add 30 seconds until food is warm enough to eat.	DELIVERY DAYS If you get 5 meals = M/T/W/Th If you get 2 meals = Th ONLY If you get 3 meals = M/T/W-ONLY If you get 2 meals = M/T-ONLY
MEALS INCLUDE: 1/3 Recommended Daily Requirements for Dairy Milk/Cheese/Yogurt	**ALL MEALS:** Approved By Registered Dietitian (V)- Vegetarian Meal	**QUESTIONS:** Cheryl McCracken Program Supervisor 828-356-2442	**IF YOU HAVEN'T RECEIVED YOUR MEAL BY 12:15PM CALL US!**	**DELIVERY DAYS:** MON. - HOT MEAL TUES. - HOT MEAL WED. - HOT MEAL THURS. - 2 COLD/FROZ