

October
2025

MEALS on WHEELS®
HAYWOOD COUNTY

Mostly Whole Wheat or Whole Grain Products

ALL MEALS
SUBJECT TO CHANGE

Monday	Tuesday	Wednesday	Thursday	Friday-
DELIVERY DAYS 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	Hot	Hot 1 Sloppy Joe on wheat bun Mixed Vegetables <i>Roasted sweet potatoes</i> raisins	Cold 2 Turkey and Swiss Sandwich Kale Salad Three bean Salad Oranges	Frozen 3 Greek Chicken with Rice Green Beans Roasted Tomatoes Pita Applesauce
Hot 6 Hotdog on Bun Turnip Greens Baked Beans Mixed Fruit	(V) Hot 7 Butterbean Stew Roasted Baby Carrots Stewed Okra Roll Peaches	Hot 8 Sausage with Peppers & onions Roasted sweet potatoes Sweet Peas Oranges Wheat Roll	Cold 9 Pesto Chicken Pasta Salad Kidney Bean Salad Carrot Raisin Salad Raisins Wheat Roll	Frozen 10 Beef Chili Mixed Vegetables Mashed Potatoes Applesauce Wheat Roll
Hot 13 Fish Sticks Collard Greens Corn Oranges Wheat Roll	Hot 14 Salisbury Steak with mushroom gravy Rice Pilaf Green Beans Wheat Roll Seasonal Fruit	Hot 15 Baked Pork Chop Steamed Broccoli Macaroni with Alfredo Sauce Mixed Fruit Wheat Roll	Cold 16 Pimento Cheese with Pita Bright Eyed Pea Salad Marinated Beets Pears	Frozen 17 Variety Meal Wheat Roll Peaches
Hot 20 Cheeseburger on wheat bun Mashed Potatoes Garlic green beans Seasonal Fruit	Hot 21 Chicken Pot Pie with biscuit Garlic Butter Carrots Banana	Hot 22 Roasted Fish with aioli sauce Steamed asparagus Rice Pilaf Wheat Roll Mixed Fruit	Cold 23 Roasted Garlic Hummus with Pita Tri-colored Pasta with seasoned vegetables Carolina Caviar Oranges	Frozen 24 Black Bean Burrito Street Corn Cilantro with lime rice Applesauce
Hot 27 Bar-b-que Chicken with bun Turnip Greens Baked Beans Seasonal Fruit	Hot 28 Pinto Posole Roasted Brussel Sprouts Cheesy Grits Wheat Roll Seasonal Fruit	Hot 29 Vegetable Beef Soup Roasted Broccoli Macaroni & Cheese Cornbread Seasonal Fruit	Cold 30 Roasted Chicken Salad w/ Honey Mustard Caprese Salad Beet Salad Wheat Roll Seasonal Fruit	Frozen 31 Suasage with cabbage Green Beans Corn Wheat Roll Mixed Fruit
MEALS INCLUDE: 1/3 Recommended Daily Requirements for Dairy Milk/Cheese/ Yogurt	ALL MEALS: All meals approved by a registered dietitian (V) Vegetarian Meal	Questions: Cheryl McCracken PROGRAM SUPERVISOR 828-356-2442	IF YOU HAVEN'T RECEIVED YOUR MEAL BY 12:15 CALL US!	DELIVERY DAYS: MONDAY - HOT MEAL TUESDAY - HOT MEAL WEDNESDAY- HOT MEAL THURSDAY- 2 COLD MEALS

