

September
2025

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 Labor Day	2	Hot Cheese Burger w/ Bun Steamed Broccoli Garlic Mashed Potatoes Mixed Fruit	3	Hot American Golash Sweet Peas Corn Rolls Peaches	4	(V) Cold Red Pepper Hummus Carrot Raisin 3 Bean Salad Pita Bread Raisins	5	Frozen Bean Chili Mac & Cheese Green Beans AppleSauce
8	Hot HotDogs W/ bun Baked Beans Roasted Brussels Applesauce	9	Hot Pork Posloe Turnip Greens Rice Wheat Roll raisin	10	Hot Baked Cod W/ Garlic ailio Steamed Broccoil Roasted Potatoes Wheat Roll	11	(V) Cold Pimento Cheese Bright Eye Pea Salad kale Salad Pita Peaches	12	Fozen Varitey meal With Roll Mandarin Orange
15	Hot Fish Sticks Steamed Cauliflower Corn Roll Applesauce	16	Hot Salisbury Steak W/ Mushroom Gravy Sweet Peas Mashed Potatoes Mixed Fruit	17	Hot BBQ Chicken Sandwich Turnip Green Baked Beans Peaches	18	Cold Chicken Salad Sandwich Broccoli salad Tri- Color Pasta w/ Veggies Raisins	19	(V) Frozen Butternut Squash Soup Steamed Asapagus Grits w/ Sundried Tomatoes Wheat Roll Mandarin Orange
22	Hot Cheeseburger w/ Bun Steamed Broccoli Baked Beans Peaches	23	Hot Chicken Pot pie W/ Biscuit Garlic Butter Carrots Mashed Potatoes Mandarin Orange	24	Hot Pasta Bolognese Turnip Greens Roasted Cauliflower Roll Raisins	25	Cold Tuna Salad Sandwich Kidney Bean Salad Potatoe Salad Peaches	26	Frozen Pinto Beans W/ Ham & Onion Steamed Broccoli Mac & Cheese Cornbread Applesauce
28	Hot Fish Sandwich Mixed Veggies Roasted Potatoes Mixed Fruit	29	Hot White Chicken Chili Green Beans Corn Cornbread Raisins	30	Hot Butterbean Soup Roasted Baby Carrots Stewed okar Roll				
MEALS INCLUDE: 1/3 Recommended Daily Requirements for Dairy Milk/Cheese/ Yogurt		ALL MEALS: APPROVED BY Kitchen Supervisor Tony McClure (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	

