

November MENU- Approved
2023

MEALS on WHEELS®
HAYWOOD COUNTY

Mostly Whole Wheat or Whole Grain Products

ALL MEALS
SUBJECT TO CHANGE

Monday	Tuesday	Wednesday	Thursday	Friday
	TO REHEAT MEALS Tear back plastic. Heat in 1 minute intervals. Add 30 seconds until food is warm enough to eat.	1 FROZEN Smoked Sausage and Cabbage Skillet Lima Beans w/ Onion Cheesy Grits Peaches	2 COLD Turkey and Swiss on Wheat Bread Pesto Pasta w/ Tomato Kidney Bean Salad Mixed Fruit	3 FROZEN Chicken w/ Mushroom Gravy Roasted Potatoes Collard Greens Raisins
		6 HOT Crispy Fish Sandwich on Wheat Bun Cajun Red Beans Asparagus Peaches	7 HOT Seasoned Pork Chop Honey-Butter Carrots Mashed Potatoes Wheat Roll Mixed Fruit	8 FROZEN Chicken Chow Mein Sugar Snap Peas Seasoned Brown Rice Wheat Roll Applesauce
13 (V) HOT Tortilla Soup Broccoli Brown Rice Wheat Roll Mixed Fruit	14 HOT Roasted Turkey w/ Dressing Mashed Potatoes Green Bean Casserole Wheat Roll Cranberry Sauce Holiday Meal	15 FROZEN Salisbury Steak w/ Mushroom Gravy Roasted Potatoes Seasonal Squash Apple/Pear	16 Cold Chicken Salad Sandwich on Wheat Bread Carolina Caviar Roasted Vegetable Pasta Salad Applesauce Shelf Stable Meals Delivered	17 FROZEN Sloppy Joes w/ Wheat Bun Sweet Peas Roasted Potatoes Raisins
20 HOT Unstuffed Cabbage Rolls Peas Mac n Cheese Wheat Roll Mandarin Oranges	21 FROZEN Chicken Noodle Soup Brussels Sprout Cheesy Grits Wheat Roll Mixed Fruit 2 FROZEN MEALS DELIVERD	22 FROZEN Variety Meal <i>Meals that have been prepared fresh then immediately frozen to preserve quality & freshness</i> Applesauce Wheat Roll	23 Thanksgiving Holiday No Meals Served Today No Delivery Today	24 Thanksgiving Holiday No Meals Served Today
27 (V) HOT Butternut Squash Soup Stewed Lima Beans Roasted Potatoes Cornbread Applesauce	28 HOT Beef Chili w/ Beans Corn Mashed Potatoes Wheat Roll Raisins	29 FROZEN Sweedish Meatballs Seasoned Buttered Noodles Roasted Broccoli Wheat Roll Apple/Pear	30 COLD Tuna Salad Sandwich on Wheat Bread Carrot Raisin Salad Potato Salad Mandarin Oranges	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
MEALS INCLUDE: 1/3 Recommended Daily Requirements for Dairy Milk/Cheese/ Yogurt	ALL MEALS: APPROVED BY REGISTERED DIETITIAN/ KITCHEN SUPERVISOR	Questions: Cassidy Campbell 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 THURSDAY - 3 COLD FROZEN &/OR COLD PICNIC