

September Menu- Approved

2023



Mostly Whole Wheat or Whole Grain Products

**ALL MEALS
SUBJECT TO CHANGE**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>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</p>	<p>Meals can be delivered to <u>cooler/ice pack</u> for <i>occasional</i> appointments. To cancel a meal, call at least the day before. <i>4 missed meals with no call can result in termination.</i></p>	<p>AMERICA, LET'S DO LUNCH™</p>	<p>TO REHEAT MEALS Tear back plastic. Heat in 1 minute intervals. Add 30 seconds until food is warm enough to eat.</p>	<p>1 FROZEN Variety Meal <i>Meals that have been prepared fresh then immediately frozen to preserve quality and freshness</i> Applesauce Wheat Roll</p>
<p>4 Happy Labor Day! No Meal Delivery Today</p>	<p>5 HOT Pork Posole Honey-Tarragon Carrots Steamed Brown Rice Peaches Wheat Roll</p>	<p>6 FROZEN Vegetable Stew Cajun Red Beans Cheesy Mashed Potatoes Applesauce Hushpuppies</p>	<p>7 COLD Turkey and Swiss w/ Wheat Bread Mac Salad Kale Salad Mixed Fruit</p>	<p>8 FROZEN Crispy Fish Sandwich w/ Wheat Bun Steamed Broccoli Roasted Potatoes Mandarin Oranges</p>
<p>11 HOT Chili w/ Beans Steamed Corn Mashed Potatoes Peaches Cornbread</p>	<p>12 HOT BBQ Chicken Sandwich w/ Wheat Bun Collard Greens Grits w/ Roasted Tomato Applesauce</p>	<p>13 FROZEN Chicken and Mushroom Gravy Sweet Peas Roasted Sweet Potatoes Mixed Fruit Wheat Roll</p>	<p>14 COLD SW Chicken Salad w/ Chipolte Ranch Potato Salad Mandarin Oranges Wheat Roll</p>	<p>15 FROZEN Black Bean Burrito w/ Salsa Verde Cilantro-Lime Rice Roasted Corn Peaches</p>
<p>18 HOT Chicken Alfredo w/ Penne Garlic Butter Carrots Brussels Sprouts Mixed Fruit Wheat Roll</p>	<p>19 HOT Hot Dog w/ Bun Roasted Potatoes Green Beans Raisins</p>	<p>20 FROZEN Unstuffed Cabbage Rolls Street Corn Mac n Cheese Mandarin Oranges Wheat Roll</p>	<p>21 COLD Tuna Salad Sandwich w/ Wheat Bread "Carolina" Caviar Roasted Veggie Pasta Salad Mixed Fruit</p>	<p>22 FROZEN Chicken Noodle Soup Roasted Broccoli Cheesy Grits Peaches Wheat Roll</p>
<p>25 HOT Fish Sticks Mashed Potatoes Lima Beans Raisins Wheat Roll</p>	<p>26 HOT Seasoned Pork Chop Cajun Red Beans Summer Squash Casserole Applesauce Wheat Roll</p>	<p>27 FROZEN Variety Meal <i>Meals that have been prepared fresh then immediately frozen to preserve quality and freshness</i> Applesauce Wheat Roll</p>	<p>28 COLD Greek Chicken Salad w/ Dressing Lemon-Parmesan Orzo Kidney Bean Salad Mandarin Oranges Wheat Roll</p>	<p>29 FROZEN Beef Stroganoff w/ Egg Noodles Collard Greens Mashed Sweet Potatoes Peaches Wheat Roll</p>
<p>MEALS INCLUDE: 1/3 RECOMMENDED DAILY REQUIREMENTS INCLUDING DAIRY</p>	<p>ALL MEALS: APPROVED BY HHS REGISTERED DIETITIAN & KITCHEN SUPERVISOR</p>	<p>QUESTIONS: Cassidy Campbell PROGRAM SUPERVISOR 828-356-2442</p>	<p>IF YOU HAVEN'T RECEIVED YOUR MEAL BY 12:15 CALL US!</p>	<p>DELIVERY DAYS: MONDAY - 1 HOT MEAL TUESDAY - 1 HOT MEAL THURSDAY - 3 MEALS = FROZEN &/OR COLD PICNIC</p>