


September Approved
2024

MEALS on WHEELS®
HAYWOOD COUNTY

Mostly Whole Wheat or Whole Grain Products

**ALL MEALS
SUBJECT TO CHANGE**

Monday	Tuesday	Wednesday	Thursday	Friday-NO DELIVERY
<p>2</p> <p>Happy Labor Day!</p> <p>No Meal Delivery Today</p>	<p>3</p> <p>HOT</p> <p>Fish Sticks Mashed Potatoes Diced Carrots Peaches Wheat Roll</p>	<p>4</p> <p>HOT</p> <p>Chicken Pot Pie w/ Biscuit Mashed Sweet Potatoes Green Beans Mixed Fruit</p>	<p>5</p> <p>COLD</p> <p>Pesto Chicken Pasta Salad Kidney Bean Salad Carrot Raisin Salad Raisins Wheat Roll</p>	<p>6</p> <p>(V) COLD</p> <p>Roasted Red Pepper Hummus w/ Pita Mac Salad Kale Salad w/ House Vinaigrette Applesauce</p>
<p>9</p> <p>HOT</p> <p>Hot Dog w/ Bun Baked Beans Sweet Corn Peaches</p>	<p>10</p> <p>HOT</p> <p>Beef Burrito w/ Flour Tortilla Cilantro-Lime Rice Refried Beans Mandarin Oranges</p>	<p>11</p> <p>HOT</p> <p>Baked Pork Chop Cheesy Grits Collard Greens Applesauce Wheat Roll</p>	<p>12</p> <p>(V) COLD</p> <p>Pimento Cheese Sandwich w/ Wheat Bread Beet Salad w/ Basil Carolina Caviar Peaches</p>	<p>13</p> <p>FROZEN</p> <p>Variety Meal <i>Meals that have been prepared fresh then immediately frozen to preserve quality & freshness</i> Raisins Wheat Roll</p>
<p>16</p> <p>HOT</p> <p>American Goulash Sweet Peas Carrots w/ Honey Glaze Mixed Fruit Wheat Roll</p>	<p>17</p> <p>HOT</p> <p>Cheeseburger w/ Bun Lima Beans w/ Onion Summer Squash Raisins</p>	<p>18</p> <p>(V) HOT</p> <p>Pinto Posole Mac n Cheese Roasted Brussels Sprouts Baked Apples HushPuppies</p>	<p>19</p> <p>COLD</p> <p>Tuna Salad Sandwich on Wheat Bread Potato Salad Tomato & Cucumber Salad Mandarin Oranges</p>	<p>20</p> <p>COLD</p> <p>Chicken Salad w/ Honey Mustard Dressing Tri-Color Pasta Salad Corn & Black Bean Medley Peaches Wheat Roll</p>
<p>23</p> <p>HOT</p> <p>Crispy Fish Sandwich w/ Wheat Bun Mixed Vegetable Cajun Red Beans Mandarin Oranges</p>	<p>24</p> <p>HOT</p> <p>Chicken & Sausage Jambalya w/ Rice Turnip Greens Mashed Sweet Potato Mixed Fruit Wheat Roll</p>	<p>25</p> <p>HOT</p> <p>Chicken Noodle Soup Cheesy Grits Roasted Broccoli Peaches Cornbread</p>	<p>26</p> <p>COLD</p> <p>Turkey & Swiss Sandwich w/ Wheat Bread 3 Bean Salad Roasted Veggie Pasta Salad Applesauce</p>	<p>27</p> <p>(V) Frozen</p> <p>Veggie Chili over Baked Potato Peas Sweet Corn Raisins</p>
<p>30</p> <p>(V) HOT</p> <p>Butternut Squash Soup Steamed Asparagus Grits w/ Roasted Tomato Mixed Fruit Cheddar Cornbread</p>	<p>FRUIT- Will be subject to change when we get seasonal fresh fruit!</p>	<p>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>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 If you get 2 meals = M/T-ONLY</p>
<p>MEALS INCLUDE: 1/3 Recommended Daily Requirements for Dairy Milk/Cheese/Yogurt</p>	<p>ALL MEALS: APPROVED BY RD/ Kitchen Supervisor (V)- Vegetarian Meal</p>	<p>QUESTIONS: Cheryl McCracken Program Supervisor 828-356-2442</p>	<p>IF YOU HAVEN'T RECEIVED YOUR MEAL BY 12:15PM CALL US!</p>	<p>DELIVERY DAYS: MON. - HOT MEAL TUES. - HOT MEAL WED. - HOT MEAL THURS. - 2 COLD/FROZ</p>