

February- Approved  
2024

**MEALS on WHEELS<sup>®</sup>**  
**HAYWOOD COUNTY**

Mostly Whole Wheat or Whole Grain Products

**ALL MEALS  
SUBJECT TO CHANGE**

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>REHEAT MEALS</b> 1) Tear off plastic. 2) Heat for 1 minute 3) If needed, add 30 seconds until food is warm enough to eat.	<b>AMERICA, LET'S DO LUNCH<sup>™</sup></b>	1 <span style="float: right;">Cold</span> Grilled Chicken Salad w/ House Ranch Dressing Italian Pasta Salad Corn & Black Bean Salad Wheat Roll Mandarin Oranges	2 <span style="float: right;">Frozen</span> BBQ Chicken Sandwich w/ Wheat Bun Baked Beans Collard Greens Mixed Fruit
5 <span style="float: right;">Hot</span> Beef Stroganoff w/ Noodles Sweet Peas Honey-Glazed Carrots Applesauce Wheat Roll	6 <span style="float: right;">Hot</span> Cheeseburger w/ Wheat Bun Roasted Potatoes Green Beans Peaches	7 <span style="float: right;">Frozen</span> Pork Posole Cheesy Grits Roasted Broccoli Cornbread Raisins	8 <span style="float: right;">Cold</span> Turkey and Swiss Sandwich w/ Wheat Bread Caprese Salad Mac Salad Mixed Fruit	9 <span style="float: right;">(V) Frozen</span> Black Bean Burrito w/ Street Corn and Cilantro-Lime Rice Peaches
12 <span style="float: right;">Hot</span> Sloppy Joe w/ Wheat Bun Roasted Broccoli Roasted Herbed Potatoes Peaches	13 <span style="float: right;">Hot</span> Baked Salmon Filet over Seasoned Lima Beans Rice Pilaf Vegetable Medley Wheat Roll Mandarin Oranges	14 <span style="float: right;">Frozen</span> Chicken Pot Pie w/ Biscuit Top Sweet Corn Mashed Potatoes Applesauce	15 <span style="float: right;">(V) Cold</span> Pimento Cheese Sandwich w/ Wheat Bread Kale Salad w/ House Vinaigrette Carolina Caviar Raisins	16 <span style="float: right;">Frozen</span> <b>Variety Meal</b> <i>Meals that have been prepared            fresh then immediately frozen            to preserve quality &amp; freshness</i> Wheat Roll Mixed Fruit
19 <span style="float: right;">(V) Hot</span> Bean Chili Herbed Brown Rice Steamed Asparagus Wheat Roll Applesauce	20 <span style="float: right;">Hot</span> Bolognese w/ Whole Grain Pasta Garlic Green Beans Cauliflower Mash Wheat Roll Raisins	21 <span style="float: right;">Frozen</span> Unstuffed Cabbage Roll Macaroni and Cheese Sesame Sugar Snap Peas Wheat Roll Mixed Fruit	22 <span style="float: right;">(V) Cold</span> Roasted Garlic Hummus w/ Pita Bread Carrot-Raisin Salad Kidney Bean Salad Peaches	23 <span style="float: right;">Frozen</span> Fish Sticks Mashed Potatoes Sweet Corn Wheat Roll Applesauce
26 <span style="float: right;">Hot</span> Chicken Alfredo w/ Penne Sweet Peas Garlic-Butter Carrots Wheat Roll Peaches	27 <span style="float: right;">(V) Hot</span> Lentil Soup Mashed Potatoes Roasted Brussels Sprouts Hushpuppies Mandarin Oranges	28 <span style="float: right;">Frozen</span> <b>Variety Meal</b> <i>Meals that have been prepared            fresh then immediately frozen            to preserve quality &amp; freshness</i> Wheat Roll Mixed Fruit	29 <span style="float: right;">Frozen</span> Grilled Chicken Salad w/ Honey Mustard Dressing Marinated Beet Salad w/ Basil Potato Salad Raisins	<b>SHADED DAYS =            DELIVERY DAYS</b>  If you get 5 meals = M/T/Th If you get 3 meals = Th ONLY If you get 2 meals = M/T-ONLY
<b>MEALS INCLUDE:</b> 1/3 Recommended Daily Requirements for Dairy Milk/Cheese/ Yogurt	<b>ALL MEALS:</b> <b>APPROVED BY RD/            Kitchen Supervisor</b>  <b>(V) Vegetarian Meal</b>	<b>QUESTIONS:</b> Cassidy Campbell <b>PROGRAM SUPERVISOR</b> <b>828-356-2442</b>	<b>IF YOU HAVEN'T            RECEIVED YOUR            MEAL BY 12:15            CALL US!</b>	<b>DELIVERY DAYS:</b> <b>MONDAY - HOT MEAL</b> <b>TUESDAY - HOT MEAL</b> <b>THURSDAY - 3 COLD</b>

