

Pardee UNC Healthcare: Hendersonville Council on Aging MOW DAILY HOT MEAL MENU - January 2022

The frozen meal menu includes the same or similar entrées, but we cannot forecast with precision which meals will be delivered for a given week.

Remember – if you want to cancel delivery for a day or for a week, you need to call by no later than 11 a.m. one business day before the scheduled day of the delivery you wish to cancel. Timely cancellations help us serve you better and avoid wasting our resources. **828-692-6693**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Entrée/Protein Source	Baked Chicken 3 Mixed Vegetables Mashed Red Potatoes	Swed. Meatballs 4 Green Peas Rotini Pasta	Chicken Chili 5 Brussel sprouts Carrots	Smothered Pork 6 Collard greens Mashed potatoes Baked beans	Veg. Lasagna 7 Bermuda blend Lima beans
Vegetarian	Cottage Cheese	Veg.Swed. MeatBalls	Vegetarian chili	Baked beans	Veg. lasagna
Main Entrée/Protein Source	Chicken marsala & pasta10 Fiesta corn Carrots Pinto beans	Salisbury steak 11 Bermuda blend Succotash Garden burger	Chicken Florentine 12 Carrots Peas Pasta Mac & Cheese	Roast pork 13 Green beans Mash sweet potatoes Boca demi glaze	Turkey/dressing 14 Green beans Mashed potatoes Garden burger
Main Entrée/Protein Source	17 MLK, Jr. Birthday No Delivery	Barbecue pork 18 Cole Slaw Carrots Peas Western egg bake	Chicken pot pie 19 Stewed tomatoes Spiced peaches Veg. pot pie	Spaghetti 20 Malibu blend Succotash beans Pasta Veg. Lo Mein	Shepherd's pie 21 Green beans Mashed potatoes Corn Veg. shepherd's pie
Main Entrée/Protein Source	Chicken w/ herbs 24 California blend Mash sweet potatoes	Pork/sweet potato 25 Stir fry Brown rice Succotash Sweet potato stir fry	Meat loaf/gravy 26 Collard greens Mash sweet potatoes Stuffed peppers	Chick. & broccoli 27 Stewed apples Carrots Tortellini Baked fritatas	Turkey/dressing 28 Calif. Normandy Mashed potatoes Garden burger
Main Entrée/Protein Source	Baked Chicken 31 Mixed Vegetables Mashed Red Potatoes				
Vegetarian	Cottage Cheese				