

## Pardee UNC Healthcare: Hendersonville Council on Aging MOW DAILY HOT MEAL MENU - November 2021

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. the 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	Chicken Marsala 1 Pasta Fiesta Corn Carrots Pinto Beans	Salisbury Steak 2 Bermuda Blend Succotash	Chick. Florentine 3 Carrots Peas Pasta Mac & Cheese	Roast Pork 4 Green Beans Mash Sweet Potatoes	Turkey/Dressing 5 Green Beans Mashed Potatoes
Vegetarian		Garden Burger		Boca Demi Glaze	Garden
Main Entrée/Protein Source	Beef Stroganoff & Mash Potatoes 8 Spinach Applesauce Black-eyed peas	Barbecue Pork 9 Cole Slaw Carrots Peas Western Egg Bake	Chicken Pot Pie 10 Stewed Tomatoes Spiced Peaches Veg. Pot Pie	11 Veteran's Day Holiday No Delivery	Shepherd's Pie 12 Green Beans Mashed Potatoes Corn Veg. Shepherd's Pie
Main Entrée/Protein Source	Chicken w/ Herbs 15 California Blend Mash Sweet Potatoes	Pork/Sweet 16 Potato Stir Fry Brown Rice Succotash	Meat Loaf/gravy 17 Collard Greens Mash Sweet Potato	Chick. & Broccoli 18 Stewed Apples Carrots Tortellini Bakes Frittata	Turkey/Dressing 19 Calif. Normandy Mashed Potatoes
Vegetarian	Garden Burger	Sweet Potato Stir Fry	Stuffed Pepper		Garden Burger
Main Entrée/Protein Source	Baked Chicken 22 Mixed Vegetables Mashed Red Potatoes	Swed. Meatballs 23 Green Peas Rotini Pasta	Chicken Chili 24 Brussel Sprouts Carrots	25 Thanksgiving Holiday No Delivery	26 Thanksgiving Holiday No Delivery
Vegetarian	Cottage Cheese	Veg.Swed. MeatBalls	Veg. Chili		
Main Entrée/Protein Source	Chicken Marsala 29 Pasta Fiesta Corn Carrots	Salisbury Steak 30 Bermuda Blend Succotash			
Vegetarian	Pinto Beans	Garden Burger			

Low Sodium                      Low Sugar                      No salt added to foods.  
 Director of Nutrition Services    Revised Date: 5/12/2021    Start Date: 10/01/2021