

Pardee UNC Healthcare: Hendersonville Council on Aging MOW DAILY HOT MEAL MENU - July 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 avoid wasting our resources. (e.g. To cancel Monday, call Friday)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Entrée/Protein Source					Barbecue Meatballs 1 Mashed Potatoes Broccoli
Vegetarian					Veg. Sweet/Sour Stirfry
Main Entrée/Protein Source	Independence Day 4	Swedish Meatballs 5 Collard Greens Rotini Pasta	SW Chicken Chili 6 Green Peas Orange Carrots	Smothered Pork 7 Green Beans Mashed Potatoes	Vegetarian Goulash 8 Lima Beans Cauliflower
Vegetarian	No MOW Delivery	Veg. Swed. Meatballs	SW Veg. Chili	Black-eyed Peas	Vegetable Goulash
Main Entrée/Protein Source	Barbecue Baked Chick. 11 Mac & Cheese French Green Beans	Salisbury Steak 12 Broccoli & Cheese Succotash	Chicken Florentine 13 Carrots Pasta	Roast Pork 14 Green Beans Roasted Red Potatoes	Turkey & Dressing 15 California Blend Mashed Potatoes
Vegetarian	Pinto Beans	Western Egg Bake	Mac & Cheese	Boca Demi Glaze w/Veg.	Garden Burger/Gravy
Main Entrée/Protein Source	Beef Stroganoff 18 Mashed Potatoes Spinach Saute	Barbecue Pork/Bun 19 Carrots Peas	Chicken Stew 20 Squash & Tomatoes Spiced Peaches	Spaghetti 21 Broccoli Normandy Cranberry Bread Pudding Spaghetti	Barbecue Meatballs 22 Mashed Potatoes Broccoli
Vegetarian	Black-eyed Peas	Veg. Western Egg Bake	Vegetarian Stew		Veg. Sweet/Sour Stirfry
Main Entrée/Protein Source	Chicken w/ Herb Sauce 25 Mashed Potatoes Peas	Barbecue Pork/Bun 26 Pinto Beans Spinach	Meatloaf w/ Gravy 27 Collard Greens Mash Sweet Potatoes	Chicken & Broccoli 28 Carrots Tortellini Pasta Stewed Apples & Raisins	BBQ Meatballs 29 Mashed Potatoes Broccoli
Vegetarian	Hawaiian Garden Burger	Pinto Beans/Calif. Veg	Manicotti	Broccoli Alfredo	Veg. Sweet/Sour Stirfry