

Pardee UNC Healthcare: Hendersonville Council on Aging MOW DAILY HOT MEAL MENU - October 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					Veg. Lasagna 1 Bermuda Blend Lima Beans
Vegetarian					Veg. Lasagna
Main Entrée/Protein Source	Chicken Marsala & Pasta 6 Fiesta Corn Carrots Pinto Beans	Salisbury Steak 7 Bermuda Blend Succotash Garden Burger	Chick. Florentine 8 Carrots Peas Pasta Mac & Cheese	Roast Pork 9 Green Beans Mash Sweet Potatoes Boca Demi Glaze	Turkey/Dressing 10 Green Beans Mashed Potatoes Garden
Vegetarian					
Main Entrée/Protein Source	Beef Stroganoff & Mash Potatoes 13 Spinach Applesauce Black-eyed peas	Barbecue Pork 14 Cole Slaw Carrots Peas Western Egg Bake	Chicken Pot Pie 15 Stewed Tomatoes Spiced Peaches Veg. Pot Pie	Spaghetti 16 Malibu Blend Succotash Beans Pasta Veg. Lo Mein	Shepherd's Pie 17 Green Beans Mashed Potatoes Corn Veg. Shepherd's Pie
Vegetarian					
Main Entrée/Protein Source	Chicken w/ Herbs 20 California Blend Mash Sweet Potatoes	Pork/Sweet 21 Potato Stir Fry Brown Rice Succotash	Meat Loaf/gravy 22 Collard Greens Mash Sweet Potato	Chick. & Broccoli 23 Stewed Apples Carrots Tortellini Bakes Frittata	Turkey/Dressing 24 Calif. Normandy Mashed Potatoes Garden Burger
Vegetarian	Garden Burger	Sweet Potato Stir Fry	Stuffed Pepper		
Main Entrée/Protein Source	Baked Chicken 27 Mixed Vegetables Mashed Red Potatoes	Swed. Meatballs 28 Green Peas Rotini Pasta	Chicken Chili 29 Brussel Sprouts Carrots	Smothered Pork 30 Collard Greens Mashed Potatoes Baked Beans	Veg. Lasagna 31 Burmuda Blend Lima Beans
Vegetarian	Cottage Cheese	Veg.Swed. MeatBalls	Veg. Chili	Baked Beans	Veg. Lasagna