

CATAWBA COUNTY

North Carolina

The Meal Times

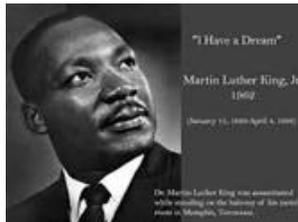
January 2016
Vol. 6 Issue 1



Please call **695-5610** the day before by no later than **10:00** if you will not be home and need to cancel your meal. Thank you!

We now have voicemail! You can now call after 5:00pm and on weekends and leave a message for us to come back to!

Senior Nutrition Services will be closed Friday, January 1st for New Year's Day as well as Monday, January 18th for the Martin Luther King Holiday.



Lighting is another huge issue when it comes to home safety.

- The best investment you can make is in those small night lights for your halls, bathrooms, bedrooms, stairways, and closets.
- You can now purchase night lights that are motion and light sensitive.
- They will come on when you need it and help prevent falls.



If we should have inclement weather, please do the following:

Listen to the following Catawba County radio stations:

WAIZ-630 AM (formerly WIRC)
WHKY-1290 AM, and WNNC-1230 AM.

Refer to Channel 3 WBTB (Cable Channel 2) and Channel 36 WCNC (Cable Channel 6) for Announcements regarding Catawba County Seniors Morning Out and Home Delivered Meals Program closings.

The announcement will also be posted on the internet at wncn.com and wbtt.com under Closings & Delays.

Banana Split Oatmeal

Makes: 1 serving

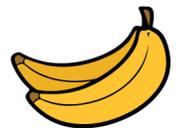
Ingredients

- 1/3 cup oatmeal (dry, quick-cooking)
- 1/8 teaspoon salt
- 3/4 cup water (very hot)
- 1/2 banana (sliced)
- 1/2 cup frozen yogurt (non-fat)

Directions

1. In a microwave safe cereal bowl, mix together the oatmeal and salt. Stir in water.

2. Microwave on high power for 1 minute. Stir. Microwave on high power for another minute. Stir again.
3. Microwave an additional 30-60 seconds on high power until the cereal reaches the desired thickness. Stir again.
4. Top with banana slices and frozen yogurt.



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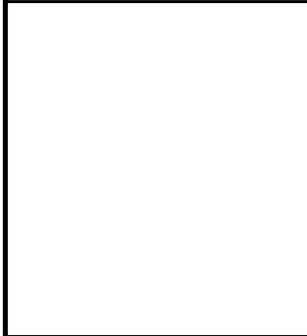


To strengthen, with dignity and respect, the quality of life for all citizens through supportive services and advocacy

Senior Nutrition Services PO Box 207, Newton, NC 28658
(828) 695-5610 www.catawbacountync.gov/dss/



Catawba County United Way
Community Partner



"I have decided to stick with love. Hate is too great a burden to bear."
 Martin Luther King, Jr.

1

CLOSED FOR NEW YEAR'S DAY

4
 LEMON PEPPER BAKED CHICKEN BREAST
 BROCCOLI CASSEROLE
 MANDARIN ORANGES IN JELLO
 ROSEMARY POTATOES ROLL
 ANGEL CAKE MILK

5
 PORK RIBLET BBQ SAUCE
 COLESLAW
 BAKED BEANS BUN
 PINEAPPLE GRATIN MILK

6
 CHICKEN THIGH GRAVY
 GREEN BEANS
 WHIPPED POTATOES ROLL
 STRAWBERRY SHORTCAKE MILK

7
 FRIED CHICKEN GRAVY
 GREEN BEANS
 CORN
 MASHED POTATOES ROLL
 FRESH TANGERINE MILK

8
 MEATBALLS SPAGHETTI SAUCE
 PEAS & CARROTS
 CORN
 SPAGHETTI NOODLES ROLL
 FRESH BANANA MILK

11
 CHEESEBURGER LETTUCE
 TOMATO
 COWBOY BEANS BUN
 MUSTARD/KETCHUP
 APPLE CRISP MILK

12
 CHICKEN BREAST BBQ SAUCE
 MIXED GREENS
 HOT APPLESAUCE
 POTATO SALAD ROLL
 OATMEAL COOKIE MILK

13
 BEEF A RONI
 LIMA BEANS
 ITALIAN BREAD
 TROPICAL FRUIT SALAD MILK

14
 HAM & BEANS
 BROCCOLI
 MASHED SWEET POTATOES ROLL
 FRESH APPLE MILK

15
 VEGETABLE LASAGNA
 GREEN BEANS
 CARROTS
 ROLL
 FRESH ORANGE MILK

18
CLOSED FOR THE MARTIN LUTHER KING HOLIDAY

19
 SMOTHERED CHICKEN MUSHROOM GRAVY
 BROCCOLI CASSEROLE
 RICE ROLL
 FRUIT CUP MILK

20
 HOT DOG
 ONION
 COLESLAW
 BANANA
 BAKED BEANS BUN
 MILK

21
 ROASTED CHICKEN
 GREEN BEANS
 CARROTS
 ROASTED RED POTATOES ROLL
 FRESH BANANA MILK

22
 STEAK BISCUIT
 FRUIT COCKTAIL
 GOLDEN ROASTED POTATOES W/ ONIONS & PEPPERS
 FRESH TANGERINE MILK

25
 CHICKEN CASSEROLE
 GLAZED CARROTS
 BLACKEYED PEAS
 WHEAT ROLL
 AMBROSIA SALAD MILK

26
 GREAT NORTHERN BEANS WITH HAM
 MIXED GREENS ROLL
 BLUEBERRY CRISP MILK

27
 SLICED ROAST TURKEY GRAVY
 GREEN PEAS
 WHIPPED POTATOES ROLL
 CRANBERRY SAUCE
 PISTACHIO CREAM SALAD MILK

28
 SALISBURY STEAK
 BROWN GRAVY
 PEAS & CARROTS
 CAULIFLOWER
 MASHED POTATOES ROLL
 FRESH APPLE MILK

29
 PEPPERONI PIZZA
 PEAS
 CARROTS
 FRESH ORANGE MILK