

CATAWBA COUNTY

North Carolina

The Meal Times

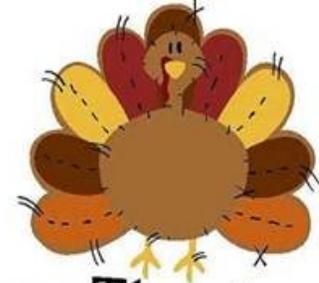
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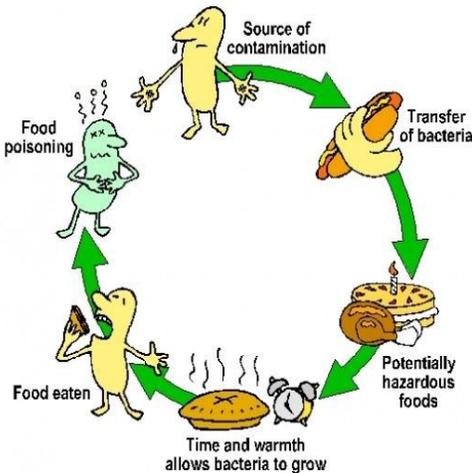
Please call
695-5610 the day
before by no later than
10:00 if you will not be
home and need to cancel
your meal. Thank you!

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 November
26th and 27th to
celebrate
Thanksgiving.



Happy Thanksgiving



⚠ The Risks

26% of seniors make potentially serious mistakes when taking medications.

✅ How to Stay Safe

1. Be sure your doctor knows ALL medications you are taking.
2. Check the expiration date of your medicines.
3. Keep a Vial of Life kit in your home.

Daylight Savings Time is Sunday, November 1st! Don't forget to set your clocks back an hour and change your batteries in your clock and smoke detector!



One-Pan Dish!

Ingredients:

- 1 pkg frozen stir-fry veggie mix (no added sauces or seasonings)
- 1 skinless, boneless chicken breast, cubed into ½ inch pieces (can substitute frozen shrimp)
- ¼ cup low-fat zesty Italian dressing
- 1 cup frozen brown rice

Preparation:

1. In a skillet, cook cubed chicken in 1 TBS olive oil.
2. Add stir-fry veggies to skillet and cook for an additional 2-3 minutes.
3. Add frozen rice to skillet and 1 TBS of water (if needed to allow rice to warm).
4. Add dressing, bring to a boil and mix ingredients together until veggies are warmed, but still crisp.

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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



2
CHICKEN CASSEROLE
GLAZED CARROTS
BLACKEYED PEAS
WHEAT ROLL
AMBROSIA SALAD
MILK

3
GREAT NORTHERN
BEANS W/ HAM
MIXED GREENS
ROLL
BLUEBERRY CRISP
MILK

4
SLICED ROAST TURKEY
GRAVY
GREEN PEAS
WHIPPED POTATOES
ROLL
CRANBERRY SAUCE
PISTACHIO CREAM
SALAD
MILK

5
SALISBURY STEAK
BROWN GRAVY
PEAS & CARROTS
CAULIFLOWER
MASHED POTATOES
ROLL
FRESH APPLE
MILK

6
PEPPERONI PIZZA
PEAS
CARROTS
FRESH ORANGE
MILK

9
CHOPPED PORK
BBQ SAUCE
COLESLAW
HOT GINGER PEARS
BAKED BEANS
BUN
ICE CREAM
MILK

10
CHICKEN & DUMPLINGS
MIXED GREENS
RICE
ROLL
HAWAIIAN SALAD
MILK

11
MEATLOAF
TOMATO SAUCE
MIXED VEGETABLES
AU GRATIN POTATOES
ROLL
STRAWBERRY CREAM
SALAD
MILK

12
FRENCH TOAST W/
POULTRY SAUSAGE
CINNAMON SLICED
APPLES
GOLDEN ROASTED
POTATOES
FRESH BANANA
MILK

13
SLICED TURKEY W/
DRESSING
GRAVY
CORN
PEAS
ROLL
FRESH TANGERINE
MILK

16
BAKED PORK CHOP
GREEN PEAS
MACARONI & CHEESE
WHEAT ROLL
AMBROSIA SALAD
MILK

17
PIMENTO CHEESE
LETTUCE
TOMATO
VEGETABLE BOWTIE
SOUP
WHEAT BREAD
STRAWBERRY
SHORTCAKE
MILK

18
PEPPER STEAK
BROWN GRAVY
ORIENTAL VEGETABLES
PINEAPPLE YOGURT
RICE
ROLL
VANILLA WAFERS
MILK

19
BREADED BAKED FISH
RICE W/ CARROTS &
BROCCOLI
CORN
PEAS
ROLL
FRESH APPLE
MILK

20
PINTO BEANS W/
SMOKED HAM SLICE
COLLARD GREENS
KRINKLE CUT
CARROTS
ROLL
FRESH ORANGE
MILK

23
LEMON PEPPER BAKED
CHICKEN BREAST
BROCCOLI CASSEROLE
MANDARIN ORANGES IN
JELLO
ROSEMARY POTATOES
ROLL
ANGEL CAKE
MILK

24
PORK RIBLET
BBQ SAUCE
COLESLAW
BAKED BEANS
BUN
PINEAPPLE GRATIN
MILK

25
CHICKEN THIGH
GRAVY
GREEN BEANS
WHIPPED POTATOES
ROLL
STRAWBERRY
SHORTCAKE
MILK

26
**CLOSED
FOR THE
THANKSGIVING
HOLIDAY**

27
**CLOSED
FOR THE
THANKSGIVING
HOLIDAY**

30
CHEESEBURGER
LETTUCE
TOMATO
COWBOY BEANS
BUN
MUSTARD/KETCHUP
APPLE CRISP
MILK