

CATAWBA COUNTY

North Carolina

The Meal Times

September 2015
Vol. 5 Issue 9



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.

Greek Salad Yield: 1 serving

Ingredients

- 4 cups salad greens
- 2 tbs chopped mint
- 3 tbs crumbled feta cheese
- 2 tbs chopped olives
- 1/2 cup garbanzo beans
- 1 tbs extra virgin olive oil
- 1 tbs red wine vinegar
- Sea salt and pepper to taste



Preparation:

1. Combine first five ingredients
2. Toss with olive oil and vinegar, and add salt and pepper to taste

The office is closed on Monday, September 7th in observance of Labor Day! This day is in honor of the worker. The holiday is dedicated to you in respect and appreciation for the work you do or have done in or outside of the home in all the years you have worked.



Pictured above is American Food Service driver Cindy! Senior Nutrition wanted to introduce you to one of the folks that assists us behind the scenes! We hope that you are enjoying our new catering service! Please let us know if you have any suggestions!

SENIOR SAFETY



TIP 1
Grab bars are a senior's best friend when it comes to safety! Ensure that you can always maintain your balance and get around easily.

Grandparents Day is Sunday, September 13th!



Wednesday, the 23rd!



First Day of Autumn



NONDISCRIMINATION STATEMENT: In accordance with Federal law and U.S. Department of Agriculture (USDA) and U.S. Department of Health and Human Services (HHS) policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. Under the Food Stamp Act and USDA policy, discrimination is prohibited also on the basis of religion or political beliefs. To file a complaint of discrimination, contact USDA or HHS. Write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (800)795-3272 (voice) or (202)720-6382 (TTY). Write HHS, Director, Office for Civil Rights, Room 506-F, 200 Independence Ave SW Washington, DC 28201 or call (202)619-0403(voice) or (202)619-3257 (TTY). USDA and HHS are equal opportunity providers and employers.

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

HDM MENU



	1 HOT DOG WITH ONIONS COLESLAW W/ CARROTS PORK & BEANS HOT DOG BUN MUSTARD/KETCHUP CHERRY CRISP MILK	2 EGG SALAD SCANDANAVIAN SALAD TOMATO POTATO SALAD WHEAT BREAD HAWAIIAN SALAD MILK	3 HAM & BEANS BROCCOLI MASHED SWEET POTATOES ROLL FRESH APPLE MILK	4 BEAN & CHEESE BURRITO CORN W/ DICED RED PEPPERS GOLDEN ROASTED POTATOES FRESH ORANGE MILK
7 CLOSED FOR LABOR DAY	8 LEMON PEPPER BAKED CHICKEN BREAST GREEN PEAS ROSEMARY POTATOES WHEAT ROLL STRAWBERRY SHORTCAKE MILK	9 STEW BEEF BROWN GRAVY SQUASH CASSEROLE RICE ROLL AMBROSIA SALAD MILK	10 FRENCH TOAST W/ TURKEY HAM BLUEBERRIES GOLDEN ROASTED POTATOES FRESH BANANA MILK	11 PEPPERONI PIZZA PEAS CARROTS FRESH TANGERINE MILK
14 CHICKEN CASSEROLE MIXED GREENS TROPICAL FRUIT SALAD SWEET POTATO ROLL SUGAR COOKIES MILK	15 CUBED STEAK BROWN GRAVY BROCCOLI CASSEROLE MELON FRUIT SALAD RICE ANGEL FOOD CAKE MILK	16 SLICED ROASTED TURKEY WHITE GRAVY MIXED VEGETABLES MASHED POTATOES ROLL CRANBERRY SAUCE PEACHES W/ YOUGHURT MILK	17 PINTO BEANS W/ SMOKED HAM SLICE COLLARD GREENS KRINKLE CUT CARROTS ROLL FRESH APPLE MILK	18 ROAST BEEF BROWN GRAVY GREEN BEANS CARROTS MASHED POTATOES ROLL FRESH ORANGE MILK
21 CHICKEN SALAD BED OF LETTUCE TOMATOES PASTA SALAD WHEAT BREAD TROPICAL FRUIT SALAD MILK	22 CHOPPED PORK BBQ SAUCE COLESLAW W/ CARROTS PORK & BEANS HAMBURGER BUN BLUEBERRY CRISP MILK	23 CORNED BEEF STEAMED CABBAGE ROASTED RED SKINNED POTATOES ROLL PEACH COBBLER MILK	24 SALISBURY STEAK BROWN GRAVY PEAS & CARROTS CAULIFLOWER MASHED POTATOES ROLL FRESH BANANA MILK	25 CHICKEN TERIYAKI GREEN BEANS CORN RICE ROLL FRESH TANGERINE MILK
28 BAKED CHICKEN THIGH BROWN GRAVY TOMATO & OKRA WHIPPED POTATOES ROLL FRUIT SALAD MILK	29 CHILI TOSSED SALAD W/ CARROTS & CABBAGE CRUSHED PINEAPPLE CORNBREAD SALTINES RANCH DRESSING CHOCOLATE PUDDING MILK	30 BAKED PORK CHOP CALIFORNIA BLEND MACARONI & CHEESE WHEAT ROLL STRAWBERRY SHORTCAKE MILK		