

# CATAWBA COUNTY

North Carolina

## The Meal Times

October 2015  
Vol. 5 Issue 10



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.

### ATTENTION ALL PET OWNERS:

Monthly pet food is made possible by funds from the Banfield Charitable Trust and volunteer assistance from Conover School.



**Banfield**  
Charitable Trust

If you are not currently receiving pet food for your pet and would like to, please call the office at (828) 695-5610.



Breast Cancer Awareness Month

### Pumpkin Soup Yield: 4 servings



#### Ingredients

- 1 can white beans (15 oz, rinsed and drained)
- 1 onion (small, or 2 tsp. onion powder)
- 1 cup water
- 1 can pumpkin (15 ounces, plain)
- 1 can chicken or vegetable broth, low salt (14.5 oz)
- 1/2 tsp thyme or tarragon
- Salt and pepper to taste (optional)

#### Preparation

1. Blend white beans, onion, and water.
2. In a soup pot, mix bean puree with pumpkin, broth, and spices.
3. Cover and cook over low heat about 15 to 20 minutes until warmed through

Consuming one cup of cooked, canned pumpkin would provide well over 100% of your daily needs for vitamin A, 20% of the daily value for vitamin C, 10% or more for vitamin E, riboflavin, potassium, copper and manganese at least 5% for thiamin, B-6, folate, pantothenic acid, niacin, iron, magnesium, and phosphorus.

### Flu Shots at Public Health

Thursday & Friday  
October 8th and 9th  
8:00-11:30 a.m.  
1:00-4:30 p.m.



For more info call  
828-695-5800



### ⚠ The Risks

For seniors age 65+, the risk of dying in a fire is twice the national average. For seniors age 75+, the risk is 3 times greater.

### ✅ How to Stay Safe

1. Never smoke in bed.
2. Keep space heaters away from flammable material.
3. Keep a working smoke, fire and CO2 monitors throughout your house.

**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/](http://www.catawbacountync.gov/dss/)



Catawba County United Way  
Community Partner

HDM MENU



			1 SCRAMBLED EGGS W/ PORK SAUSAGE LINKS APPLESAUCE GOLDEN ROASTED POTATOES ROLL FRESH APPLE MILK	2 MEATBALLS SPAGHETTI SAUCE PEAS & CARROTS CORN SPAGHETTI NOODLES ROLL FRESH ORANGE MILK
5 TUNA SALAD CUCUMBER SALAD PASTA SALAD WHEAT BREAD PEACHES MILK	6 BBQ CHICKEN BREAST BBQ SAUCE MIXED GREENS MELON FRUIT SALAD CREAMED CORN ROLL OATMEAL COOKIES MILK	7 CUBED PORK WHITE GRAVY MIXED VEGETABLES SWEET POTATOES ROLL PISTACHIO CREAM SALAD W/ FRUIT MILK	8 MACARONI & CHEESE BROCCOLI MIXED BEANS & CORN ROLL FRESH BANANA MILK	9 SLICED TURKEY GRAVY PEAS CORN DRESSING ROLL FRESH TANGERINE MILK
12 MEATLOAF TOMATO SAUCE WHOLE KERNAL CORN AU GRATIN POTATOES ROLL FRUIT COCKTAIL W/ YOGURT MILK	13 HOT DOG W/ ONIONS COLESLAW W/ CARROTS PORK & BEANS BUN MUSTARD/KETCHUP CHERRY CRISP MILK	14 EGG SALAD SCANDANAVIAN SALAD TOMATO SLICES POTATO SALAD WHEAT BREAD HAWAIIAN SALAD MILK	15 HAM & BEANS BROCCOLI MASHED SWEET POTATOES ROLL FRESH APPLE MILK	16 BEAN & CHEESE BURRITO CORN W/ DICED RED PEPPERS GOLDEN ROASTED POTATOES FRESH ORANGE MILK
19 HAMBURGER STEAK BROWN GRAVY CALIFORNIA BLEND MACARONI & CHEESE ROLL FRUIT SALAD MILK	20 LEMON BAKED CHICKEN BREAST GREEN PEAS ROSEMARY POTATOES WHEAT ROLL STRAWBERRY SHORTCAKE MILK	21 STEW BEEF BROWN GRAVY SQUASH CASSEROLE RICE ROLL AMBROSIA SALAD MILK	22 FRENCH TOAST W/ TURKEY HAM BLUEBERRIES GOLDEN ROASTED POTATOES FRESH BANANA MILK	23 PEPPERONI PIZZA PEAS CARROTS FRESH TANGERINE MILK
26 CHICKEN CASSEROLE MIXED GREENS TROPICAL FRUIT SALAD SWEET POTATO ROLL SUGAR COOKIES MILK	27 CUBED STEAK BROWN GRAVY BROCCOLI CASSEROLE MELON FRUIT SALAD RICE ANGEL FOOD CAKE MILK	28 SLICED ROASTED TURKEY WHITE GRAVY MIXED VEGETABLES MASHED POTATOES ROLL CRANBERRY SAUCE PEACHES W/ YOGURT MILK	29 PINTO BEANS W/ SMOKED HAM COLLARD GREENS KRINKLE CUT CARROTS ROLL FRESH APPLE MILK	30 ROAST BEEF BROWN GRAVY GREEN BEANS CARROTS MASHED POTATOES ROLL FRESH ORANGE MILK