

CATAWBA COUNTY

North Carolina

The Meal Times

August 2016

Vol. 6 Issue 8



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

Thank you!



Food & Health Safety

Store your food at the right temperature. Cooked food should not be left at room temperature for more than two hours. After you've finished eating, immediately store leftover food to the refrigerator. It's not a good idea to leave it on the shelf, because bacteria will still grow over time. According to World Health Organization, your refrigerator should be set at a temperature below 23 degrees Fahrenheit. Hot foods should be served above 140 degrees Fahrenheit.



Watermelon is a very good source of potassium; it helps muscle and nerve function. It can ease inflammation that contributes to conditions like asthma, atherosclerosis, diabetes, color cancer, and arthritis. It is an excellent source of Vitamin C and very good source of vitamin A. Watermelon is a certified heart healthy food by the American Heart Association.

Did you know...?

Left Hander's Day is on August 13th! If you are a leftie, then Left Hander's Day is just for you! Here are a few little facts and trivia:

- Sinistrophobia is the fear of left-handedness or things on the left side
- Only about 10% of the population is left handed.
- During the 1600's people thought left handers were witches and warlocks.
- They say everyone was born right handed, and only the greatest overcome it. (he, he, he).



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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.mealsonwheelsofcatawbacounty.org



Supported by
Catawba County United Way



1 SMOTHERED CHICKEN MUSHROOM SAUCE GREEN PEAS MANDARIN ORANGES SWEET POTATOES ROLL POUND CAKE MILK	2 STEW BEEF BROWN GRAVY GREEN BEANS AMBROSIA SALAD RICE ROLL MILK	3 CHICKEN & DUMPLINGS CAPRI VEGETABLES COLESLAW W/ CARROTS ROLL APPLE CRISP MILK	4 MACARONI & CHEESE BROCCOLI MIXED BEANS & CORN ROLL FRESH APPLE MILK	5 SALISBURY STEAK BROWN GRAVY PEAS & CARROTS CAULIFLOWER MASHED POTATOES ROLL FRESH ORANGE MILK
8 EGG SALAD BROCCOLI SALAD TOMATO POTATO SALAD WHEAT BREAD HAWAIIAN SALAD MILK	9 PULLED TURKEY WHITE GRAVY SQUASH CASSEROLE RICE ROLL STRAWBERRY SHORTCAKE MILK	10 BAKED CHICKEN THIGH BROWN GRAVY TOMATO & OKRA WHIPPED POTATOES ROLL FRUIT SALAD MILK	11 BREADED BAKED FISH CORN PEAS RICE W/ CARROTS & BROCCOLI ROLL FRESH BANANA MILK	12 TURKEY HAM & BEANS BROCCOLI MASHED SWEET POTATOES CORNBREAD FRESH TANGERINE MILK
15 HAMBURGER STEAK BROWN GRAVY CALIFORNIA BLEND MACARONI & CHEESE ROLL FRUIT SALAD MILK	16 POLISH TURKEY SAUSAGE ORANGE JUICE HASHBROWN CASSEROLE BISCUIT JELLY PEACH COBBLER MILK	17 PIMENTO CHEESE LETTUCE TOMATO VEGETABLE SOUP WHEAT BREAD STRAWBERRY SHORTCAKE MILK	18 ROAST BEEF BROWN GRAVY GREEN BEANS CARROTS MASHED POTATOES ROLL FRESH APPLE MILK	19 PINTO BEANS W/ SMOKED HAM SLICE COLLARD GREENS KRINKLE CUT CARROTS CORNBREAD FRESH ORANGE MILK
22 PORK RIBLET BBQ SAUCE COLESLAW PINTO BEANS HAMBURGER BUN APPLE COBBLER MILK	23 CUBED STEAK MUSHROOM GRAVY BROCCOLI CASSEROLE MELON FRUIT SALAD MASHED POTATOES ANGEL FOOD CAKE MILK	24 PINTO BEANS W/ ONIONS STEAMED CABBAGE COUNTRY TOMATOES CORNBREAD PINEAPPLE GRATIN MILK	25 MEAT LASAGNA GREEN BEANS CAULIFLOWER ROLL FRESH BANANA MILK	26 PEPPERONI PIZZA PEAS CARROTS FRESH TANGERINE MILK
29 HAMBURGER CHEESE COLESLAW W/ CARROTS COWBOY BEANS HAMBURGER BUN MUSTARD/KETCHUP DICED PEACHES W/ YOGURT MILK	30 BBQ CHICKEN BREAST BBQ SAUCE MIXED GREENS MELON FRUIT SALAD CREAMED CORN ROLL OATMEAL COOKIES MILK	31 SLICED ROASTED TURKEY WHITE GRAVY MIXED VEGETABLES MASHED POTATOES ROLL CRANBERRY SAUCE FRUIT COCKTAIL MILK		