CATAWBA COUNTY
North Carolina

The Meal Times

July 2016
Vol. 6 Issue 7

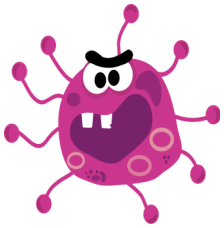
Please call 695-5610 the day before by no later than 10:00am if you will not be home and need to cancel your meal.

Thank you!

Senior Nutrition Services will be **closed** Monday, July 4th. This day is a Federal holiday which commemorates the adoption of the Declaration of Independence on July 4, 1776.

Friendly Reminder: We cannot leave meals outside

This is a food safety issue. we are not allowed to leave your food outside in a chair etc. We do not want anyone to get sick and bacteria grows faster when temperatures are warm.



"Moldy foods can contain serious toxins or other poisonous bacteria, which could result in severe allergic reactions and respiratory issues," Although there are different kinds mold, our bodies will fight off any minute substance that threatens our body's system, which can be clues in the following ways; stomach and/or abdominal pain and bloating, nausea, vomiting, and/or diarrhea, severe cough, and skin rashes.

Ways Peaches Fortify Your Health

1. Fight obesity related diabetes and cardiovascular disease
2. Those suffering from gout and rheumatism
3. A healthy stress reliever that helps reduce anxiety. Peaches are often referred to as the "Fruit of Calmness" in Hungary.
4. Helps prevent cancer—a mineral with antioxidant properties that may help protect cells from damage.
5. Have a diuretic effect which helps cleanse your kidneys and bladder.

CATAWBA COUNTY SOCIAL SERVICES

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

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Senior Nutrition Services PO Box 207, Newton, NC 28658
(828) 695-5610 www.mealsonwheelsofcatawbacounty.org

LIVE UNITED
United Way
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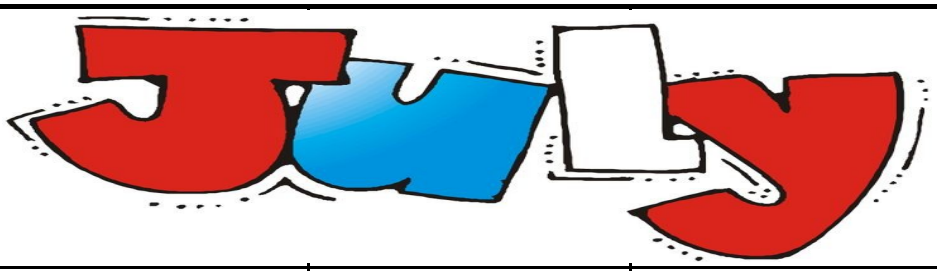
HDM Menu

CATAWBA COUNTY North Carolina



				1 TURKEY HAM & BEANS BROCCOLI MASHED SWEET POTATOES CORNBREAD FRESH TANGERINE MILK
4 **CLOSED FOR INDEPENDENCE DAY!**	5 POLISH TURKEY SAUSAGE ORANGE JUICE HASHBROWN CASSEROLE BISCUIT JELLY PEACH COBBLER MILK	6 PIMENTO CHEESE LETTUCE TOMATO VEGETABLE SOUP WHEAT BREAD STRAWBERRY SHORTCAKE MILK	7 ROAST BEEF BROWN GRAVY GREEN BEANS CARROTS MASHED POTATOES ROLL FRESH APPLE MILK	8 PINTO BEANS W/ SMOKED HAM SLICE COLLARD GREENS KRINKLE CUT CARROTS CORNBREAD FRESH ORANGE MILK
11 PORK RIBLET BBQ SAUCE COLESLAW PINTO BEANS HAMBURGER BUN APPLE COBBLER MILK	12 CUBED STEAK MUSHROOM GRAVY BROCCOLI CASSEROLE MELON FRUIT SALAD MASHED POTATOES ANGEL FOOD CAKE MILK	13 PINTO BEANS WITH ONIONS STEAMED CABBAGE COUNTRY TOMATOES CORNBREAD PINEAPPLE GRATIN MILK	14 MEAT LASAGNA GREEN BEANS CAULIFLOWER ROLL FRESH BANANA MILK	15 PEPPERONI PIZZA PEAS CARROTS FRESH TANGERINE MILK
18 HAMBURGER SLICED CHEESE COLESLAW W/ CARROTS COWBOY BEANS HAMBURGER BUN MUSTARD/KETCHUP DICED PEACHES W/ YOGURT MILK	19 BBQ CHICKEN BREAST BBQ SAUCE MIXED GREENS MELON FRUIT SALAD CREAMED CORN ROLL OATMEAL COOKIES MILK	20 SLICED ROASTED TURKEY WHITE GRAVY MIXED VEGETABLES MASHED POTATOES ROLL CRANBERRY SAUCE FRUIT COCKTAIL MILK	21 MEATBALLS SPAGHETTI SAUCE PEAS & CARROTS CORN SPAGHETTI NOODLES ROLL FRESH APPLE MILK	22 SCRAMBLED EGGS W/ PORK SAUSAGE LINKS APPLESAUCE GOLDEN ROASTED POTATOES FRESH ORANGE MILK
25 BAKED PORK CHOP CALIFORNIA BLEND MACARONI & CHEESE WHEAT ROLL STRAWBERRY SHORTCAKE MILK	26 MEATLOAF TOMATO SAUCE WHOLE KERNAL CORN AU GRATIN POTATOES ROLL MANDARIN ORANGE FLUFF MILK	27 CHILI TOSSED SALAD WITH CARROTS AND CABBAGE PINEAPPLE CORNBREAD SALTINES RANCH DRESSING MILK	28 ROASTED CHICKEN SANDWICH BBQ SAUCE CAULIFLOWER ROASTED RED POTATOES HAMBURGER BUN FRESH BANANA MILK	29 FRENCH TOAST W/ TURKEY HAM BLUEBERRIES GOLDEN ROASTED POTATOES FRESH TANGERINE MILK