

CATAWBA COUNTY

North Carolina

The Meal Times

November 2016
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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 for Thanksgiving on Thursday, November 24th and Friday, November 25th.



Daylight Saving Time Ends
www.NationalDayCalendar.com

First Sunday in November

Daylight Savings Time ends on 2 a.m. on Sunday, November 6th. Don't forget to set your clocks back an hour and enjoy your extra hour of sleep!



Veterans Day
www.NationalDayCalendar.com

November 11

Veterans Day is an official United States holiday that honors people who have served in the U.S. Armed Forces, also known as veterans. Thank you for your service.

Health Benefits of Turkey!

- Turkey is a rich source of protein, skinless turkey is low in fat
- Turkey meat is a source of iron, zinc, potassium, and phosphorus, essential for thyroid hormone metabolism; also boosts immunity.
- Also a source of vitamin B6 and niacin, which are both essential for the body's energy production
- Regular turkey consumption can help lower cholesterol levels and plays an important role in strengthening the immune system.



NONDISCRIMINATION

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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

November



	1 PINTO BEANS DICED ONION OKRA AND TOMATOES CUCUMBER SALAD CORNBREAD APPLE CRISP MILK	2 CUBED PORK PORK GRAVY GREEN BEANS SWEET POTATOES ROLL YOGURT W/ PINEAPPLE MILK	3 SALISBURY STEAK BROWN GRAVY PEAS & CARROTS CAULIFLOWER MASHED POTATOES ROLL FRESH BANANA MILK	4 GROUND BEEF BROWN GRAVY ZUCCHINI CORN RICE ROLL FRESH PEAR MILK
7 LEMON PEPPER CHICKEN BREAST BROCCOLI CASSEROLE MANDARIN ORANGES IN JELLO ROSEMARY POTATOES ROLL ANGEL FOOD CAKE MILK	8 HAMBURGER STEAK BROWN GRAVY GREEN PEAS AU GRATIN POTATOES ROLL PISTACHIO CREAM SALAD MILK	9 PULLED TURKEY POULTRY GRAVY SQUASH CASSEROLE MASHED POTATOES ROLL STRAWBERRY SHORTCAKE MILK	10 CHICKEN & BROCCOLI ALFREDO SAUCE CARROTS ZUCCHINI W/ RED PEPPERS FETTUCCINI NOODLES ROLL FRESH APPLE MILK	11 PEPPERONI PIZZA PEAS CARROTS FRESH ORANGE MILK
14 MEATLOAF BROWN GRAVY MIXED VEGETABLES AU GRATIN POTATOES ROLL STRAWBERRY CREAM SALAD MILK	15 CHICKEN & DUMPLINGS MIXED GREENS MASHED POTATOES ROLL HAWAIIAN SALAD MILK	16 BAKED TURKEY W/ CORNBREAD DRESSING GREEN BEANS W/ PEARL ONIONS CRANBERRY/APPLE JUICE WHIPPED POTATOES WHEAT ROLL MARGARINE PUMPKIN PIE MILK	17 BREADED BAKED FISH CORN PEAS RICE W/ CARROTS & BROCCOLI ROLL FRESH BANANA MILK	18 MACARONI & CHEESE BROCCOLI MIXED BEANS & CORN ROLL FRESH PEAR MILK
21 CUBED STEAK BROWN GRAVY GREEN PEAS WHIPPED POTATOES WHEAT ROLL HAWAIIAN SALAD MILK	22 VENETIAN CHICKEN THIGH VENETIAN TOMATO SAUCE SUCCOTASH FETTUCCINI NOODLES ROLL FRUIT SALAD MILK	23 BAKED HAM GREEN BEANS SWEET POTATOES WHEAT ROLL MANDARIN ORANGE FLUFF MILK	24 CLOSED FOR THANKSGIVING	25 CLOSED FOR THANKSGIVING
28 BEEF STROGANOFF MIXED VEGETABLES EGG NOODLES ROLL PEACH COBBLER MILK	29 PIMENTO CHEESE LETTUCE TOMATO CHICKEN NOODLE SOUP WHEAT BREAD STRAWBERRY SHORTCAKE MILK	30 BAKED PORK CHOP GLAZED CARROTS MACARONI & CHEESE WHEAT ROLL AMBROSIA SALAD MILK		