

CATAWBA COUNTY

North Carolina

The Meal Times

October 2016
Vol. 6 Issue 10



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!



Catawba County Public Health
Thursday, Oct. 13 &
Friday, Oct. 14
8:00 a.m. to 11:30 a.m.
1:00 p.m. to 4:30 p.m.

For more information, call (828) 695-5800 or go to www.catawbacountync.gov/phealth
3070 11th Ave Dr. SE Hickory, NC 28602



Food & Health Safety Tip:

Always wash your hands with soap and warm water for at least 20 seconds. The easy way to remember this is to sing "Happy Birthday" to yourself while washing up. Wash your hands after using the bathroom, before and after food preparation, and certainly between handling raw meats and fresh fruits and vegetables.



Let's Talk Pet Food!

This year we were awarded \$2500 in grant money by Meals on Wheels Loves Pets.

MEALS ON WHEELS
LOVES PETS



Beginning September 2016, Senior Nutrition

Services will be limiting pet food distribution to **2 pets per household**. We feel that this will allow us to use our grant money more evenly over the year and serve more people with this service. We have also switched to canned food for cats and dogs to increase the amount of protein given to your pets. If you receive more than one service from us, you will only be getting your pet food from your Meals on Wheels delivery.

Did you know...

Pumpkins are one of the very low calories vegetables, it is rich in dietary fiber, anti-oxidants, minerals, and vitamins. The vegetable is one of the food items recommended by dieticians in cholesterol controlling and weight reduction programs.



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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



<p>3 PORK RIBLET BBQ SAUCE COLESLAW PINTO BEANS HAMBURGER BUN APPLE COBBLER MILK</p>	<p>4 CUBED STEAK MUSHROOM GRAVY BROCCOLI CASSEROLE MELON FRUIT SALAD MASHED POTATOES ANGEL FOOD CAKE MILK</p>	<p>5 PINTO BEANS W/ ONIONS STEAMED CABBAGE COUNTRY TOMATOES CORNBREAD PINEAPPLE GRATIN MILK</p>	<p>6 MEAT LASAGNA GREEN BEANS CAULIFLOWER ROLL FRESH BANANA MILK</p>	<p>7 PEPPERONI PIZZA PEAS CARROTS FRESH TANGERINE MILK</p>
<p>10 HAMBURGER SLICED CHEESE COLWSLAW W/ CARROTS COWBOY BEANS HAMBURGER BUN KETCHUP/MUSTARD DICED PEACHES W/ YOGURT MILK</p>	<p>11 BBQ CHICKEN BREAST BBQ SAUCE MIXED GREENS MELON FRUIT SALAD CREAMED CORN ROLL OATMEAL COOKIES MILK</p>	<p>12 SLICED ROASTED TURKEY WHITE GRAVY MIXED VEGETABLES MASHED POTATOES ROLL CRANBERRY SAUCE FRUIT COCKTAIL MILK</p>	<p>13 MEATBALLS SPAGHETTI SAUCE PEAS & CARROTS CORN SPAGHETTI NOODLES ROLL FRESH APPLE MILK</p>	<p>14 SCRAMBLED EGGS W/ PORK SAUSAGE LINKS APPLESAUCE GOLDEN ROASTED POTATOES FRESH ORANGE MILK</p>
<p>17 BAKED PORK CHOP CALIFORNIA BLEND MACARONI & CHEESE WHEAT ROLL STRAWBERRY SHORTCAKE MILK</p>	<p>18 MEATLOAF TOMATO SAUCE WHOLE KERNAL CORN AU GRATIN POTATOES ROLL MANDARIN ORANGE FLUFF MILK</p>	<p>19 CHILI TOSSED SALAD W/ CARROTS & CABBAGE PINEAPPLE CORNBREAD SALTINES RANCH DRESSING MILK</p>	<p>20 ROASTED CHICKEN SANDWICH BBQ SAUCE CAULIFLOWER ROASTED RED POTATOES HAMBURGER BUN FRESH BANANA MILK</p>	<p>21 FRENCH TOAST WITH TURKEY HAM BLUEBERRIES GOLDEN ROASTED POTATOES FRESH TANGERINE MILK</p>
<p>24 SMOTHERED CHICKEN MUSHROOM SAUCE GREEN PEAS MANDARIN ORANGES SWEET POTATOES ROLL POUND CAKE MILK</p>	<p>25 STEW BEEF BROWN GRAVY GREEN BEANS AMBROSIA SALAD RICE ROLL MILK</p>	<p>26 CHICKEN & DUMPLINGS CAPRI VEGETABLES COLWSLAW W/ CARROTS ROLL APPLE CRISP MILK</p>	<p>27 MACARONI & CHEESE BROCCOLI MIXED BEANS & CORN ROLL FRESH APPLE MILK</p>	<p>28 SALISBURY STEAK BROWN GRAVY PEAS & CARROTS CAULIFLOWER MASHED POTATOES ROLL FRESH ORANGE MILK</p>
<p>31 EGG SALAD BROCCOLI SALAD TOMATO POTATO SALAD WHEAT BREAD HAWAIIAN SALAD MILK</p>				