

# CATAWBA COUNTY

North Carolina

## The Meal Times

September 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!



**National Peanut Day** September 13  
[www.NationalDayCalendar.com](http://www.NationalDayCalendar.com)

Peanuts, which grow underground, are rich in nutrients, providing over 30 essential nutrients. Peanuts are a good source of niacin, fiber, vitamin E, magnesium and phosphorus. They also are naturally free of trans-fats and sodium, and contain about 25% protein (a higher proportion than in any true nut).

### Food & Health Safety Tip

Pay attention to the expiration date: contrary to popular belief, not all unsafe food will smell or taste bad. While processed food usually survives well past its expiration date, it's best to avoid those sorts of foods in the first place. When it comes to less-processed, fresher foods, heed the label. There's no good reason to risk your health because you had some old alfalfa sprouts lying around.



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](http://www.mealsonwheelsofcatawbacounty.org)



*Senior Nutrition Services will be closed on Monday,  
September 5th in observance of Labor Day.*

Labor Day will be celebrated on the 5th of September this year. It's a bonus to add an extra day to our weekend to celebrate the labor movement, which gave to us better working conditions and fair treatment from our employers and the government. Labor Day is also associate by some as the end of summer.



Supported by  
Catawba County United Way

# September



			1 MEATBALLS SPAGHETTI SAUCE PEAS & CARROTS CORN SPAGHETTI NOODLES ROLL FRESH APPLE MILK	2 SCRAMBLED EGGS W/ PORK SAUSAGE LINKS APPLESAUCE GOLDEN ROASTED POTATOES FRESH ORANGE MILK
5 <b>CLOSED IN OBSERVANCE OF LABOR DAY</b>	6 MEATLOAF TOMATO SAUCE WHOLE KERNAL CORN AU GRATIN POTATOES ROLL MANDARIN ORANGE FLUFF MILK	7 CHILI TOSSED SALD W/ CARROTS & CABBAGE PINEAPPLE CORNBREAD SALTINES RANCH DRESSING MILK	8 ROASTED CHICKEN SANDWICH BBQ SAUCE CAULIFLOWER ROASTED RED POTATOES HAMBURGER BUN FRESH BANANA MILK	9 FRENCH TOAST WITH TURKEY HAM BLUEBERRIES GOLDEN ROASTED POTATOES FRESH TANGERINE MILK
12 SMOTHERED CHICKEN MUSHROOM SAUCE GREEN PEAS MANDARIN ORANGES SWEET POTATOES ROLL POUND CAKE MILK	13 STEW BEEF BROWN GRAVY GREEN BEANS AMBROSIA SALAD RICE ROLL MILK	14 CHICKEN & DUMPLINGS CAPRI VEGETABLES COLESLAW W/ CARROTS ROLL APPLE CRISP MILK	15 MACARONI & CHEESE BROCCOLI MIXED BEANS & CORN ROLL FRESH APPLE MILK	16 SALISBURY STEAK BROWN GRAVY PEAS & CARROTS CAULIFLOWER MASHED POTATOES ROLL FRESH ORANGE MILK
19 EGG SALAD BROCCOLI SALAD TOMATO POTATO SALAD WHEAT BREAD HAWAIIAN SALAD MILK	20 PULLED TURKEY WHITE GRAVY SQUASH CASSEROLE RICE ROLL STRAWBERRY SHORTCAKE MILK	21 BAKED CHICKEN THIGH BROWN GRAVY TOMATO & OKRA WHIPPED POTATOES ROLL FRUIT SALAD MILK	22 BREADED BAKED FISH CORN PEAS RICE W/ CARROTS & BROCCOLI ROLL FRESH BANANA MILK	23 TURKEY HAM & BEANS BORCCOLI MASHED SWEET POTATOES CORNBREAD FRESH TANGERINE MILK
26 HAMBURGER STEAK BROWN GRAVY CALIFORNIA BLEND MACARONI & CHEESE ROLL FRUIT SALAD MILK	27 POLISH TURKEY SAUSAGE ORANGE JUICE HASHBROWN CASSEROLE BISCUIT JELLY PEACH COBBLER MILK	28 PIMENTO CHEESE LETTUCE TOMATO VEGETABLE SOUP WHEAT BREAD STRAWBERRY SHORTCAKE MILK	29 ROAST BEEF BROWN GRAVY GREEN BEANS CARROTS MASHED POTATOES ROLL FRESH APPLE MILK	30 PINTO BEANS W/ SMOKED HAM SLICE COLLARD GREENS KRINKLE CUT CARROTS CORNBREAD FRESH ORANGE MILK