

CATAWBA COUNTY

North Carolina

The Meal Times

May 2016
Vol. 6 Issue 5



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!

We now have voicemail! You can now call after 5:00pm and on weekends and leave a message for us to come back to!

Beginning April 4th, if you are not home when meals are being delivered a door hanger will be left on your door letting you know that we missed you. It will also serve as a friendly reminder to give us a call if you know you won't be home!



Senior Nutrition Services will be closed Monday, May 30th in observance of Memorial Day.



National Orange Juice Day

May 4

www.NationalDayCalendar.com

May 4 celebrates National Orange Juice Day, **America's most popular breakfast drink**. One 8 ounce serving of orange juice has 124 mg of vitamin C and also supplies potassium, thiamine and folate. Some other health benefits are: Reduce Inflammation. Balance Blood Pressure, Lower Bad Cholesterol, Promote Skin Condition, The Vitamin B6 found in orange juice aids in the production of hemoglobin. Beta carotene from orange juice can help prevent cell damage.



Happy
Mother's
Day



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.catawbacountync.gov/dss/



Catawba County United Way
Community Partner



2
 CUBED STEAK
 BROWN GRAVY
 CAPRI VEGETABLES
 MELON FRUIT SALAD
 RICE
 ANGEL FOOD CAKE
 MILK

3
 SLICED ROASTED
 TURKEY
 WHITE GRAVY
 MIXED VEGETABLES
 SWEET POTATOES
 ROLL
 CRANBERRY SAUCE
 YOGURT W/ PINEAPPLE
 MILK

4
 PORK RIBLET
 BBQ SAUCE
 COLESLAW
 PINTO BEANS
 BUN
 CHERRY CRISP
 MILK

5
 FRIED CHICKEN
 BROWN GRAVY
 GREEN BEANS
 CORN
 MASHED POTATOES
 ROLL
 FRESH BANANA
 MILK

6
 POULTRY SAUSAGE
 WHITE GRAVY
 NUTMEG SLICED
 APPLES
 GOLDEN ROASTED
 POTATOES
 BISCUIT
 FRESH TANGERINE
 MILK

9
 CUBED PORK
 WHITE GRAVY
 GREEN BEANS
 SWEET POTATOES
 ROLL
 PISTACHIO CREAM
 SALAD
 MILK

10
 PIMENTO CHEESE
 MINISTRONE SOUP
 SALTINES
 WHEAT BREAD
 CHERRY CRISP
 MILK

11
 BBQ CHICKEN BREAST
 BBQ SAUCE
 GREEN PEAS
 PINEAPPLE TIDBITS
 WHOLE KERNEL CORN
 ROLL
 CHOCOLATE PUDDING
 MILK

12
 ROAST BEEF
 BROWN GRAVY
 GREEN BEANS
 CARROTS
 BUN
 FRESH APPLE
 MILK

13
 MEATBALLS
 SPAGHETTI SAUCE
 PEAS & CARROTS
 CORN
 SPAGHETTI NOODLES
 ROLL
 FRESH ORANGE
 MILK

16
 POT ROAST
 SLICED CARROTS
 COLESLAW
 WHOLE POTATOES
 ROLL
 DICED PEARS
 MILK

17
 BEEF A RONI
 TOSSED SALAD W/ RED
 CABBAGE & CARROTS
 LIMA BEANS
 ITALIAN BREAD
 RANCH DRESSING
 MANDARIN ORANGES IN
 JELLO
 MILK

18
 LEMON PEPPER BAKED
 CHICKEN BREAST
 SQUASH CASSEROLE
 PARSLEY POTATOES
 WHEAT ROLL
 STRAWBERRY
 SHORTCAKE
 MILK

19
 PEPPERONI PIZZA
 PEAS
 CARROTS
 FRESH BANANA
 MILK

20
 SALISBURY STEAK
 BROWN GRAVY
 PEAS & CARROTS
 CAULIFLOWER
 MASHED POTATOES
 ROLL
 FRESH TANGERINE
 MILK

23
 SMOTHERED CHICKEN
 MUSHROOM SAUCE
 GREEN PEAS
 MANDARIN ORANGES
 WHIPPED POTATOES
 ROLL
 POUND CAKE
 MILK

24
 BONELESS PORK CHOP
 TOMATOES & OKRA
 MACARONI & CHEESE
 WHEAT ROLL
 STRAWBERRY
 SHORTCAKE
 MILK

25
 CHEESEBURGER
 COLESLAW
 PORK & BEANS
 BUN
 MUSTARD/KETCHUP
 FRUIT COCKTAIL IN
 JELLO

26
 PINTO BEANS W/
 SMOKED HAM
 COLLARD GREENS
 KRINKLE CUT CARROTS
 CORN BREAD
 FRESH APPLE
 MILK

27
 FRENCH TOAST WITH
 TURKEY HAM
 BLUEBERRIES
 GOLDEN ROASTED
 POTATOES
 FRESH ORANGE
 MILK

30

 CLOSED FOR
 MEMORIAL DAY
 HOLIDAY

31
 STEW BEEF
 BROWN GRAVY
 GREEN BEAN
 CASSEROLE
 WHIPPED POTATOES
 ROLL
 AMBROSIA SALAD
 MILK

