

**Please call
828-695-5610
the day before by no
later than 10:00am if you
will not be home and
need to cancel your
meal.**



**If we should have
inclement weather,
you can call the
office at
828-695-5610 to hear
weather closings
and delays for
Meals on Wheels.**



Food Safety Tip:

- * Use safe water, select fresh foods. * Wash fruits and vegetables, especially if eaten raw.
- * Do not use food past the expired date. * Wash hands before and after handling food.

*Happy
Valentine's
Day*
February 14th



Some health benefits of eating small amounts dark chocolate may include:

* Dark chocolate has been shown to be a good source of heart protective antioxidants, (reduce stroke risk) known as flavanols .



* Lowering cholesterol levels.

* Protects your skin

* Improves blood flow and vision



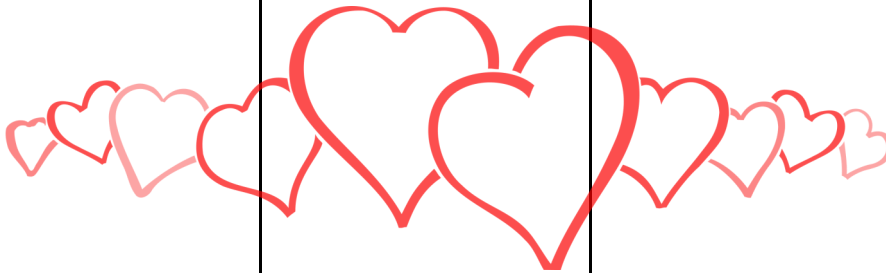
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**To strengthen, with dignity and respect,
the quality of life for all citizens through
supportive services and advocacy**

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



Supported by
Catawba County United Way



1
LEMON PEPPER
FISH
ZUCCHINI W/RED
PEPPERS
PEAS
RICE W/CARROTS &
BROCCOLI
ROLL FRESH APPLE
MILK

2
HAM & BEANS
BROCCOLI
MASHED SWEET
POTATOES
ROLL
FRESH ORANGE
MILK

5
SLOPPY JOE (BEEF)
COLESLAW WITH
CARROTS
COWBOY BEANS
HAMBURGER BUN
APPLE CRISP
MILK

6
PIMENTO CHEESE ON
WHEAT BREAD
LETTUCE & TOMATO
CHICKEN NOODLE
SOUP
STRAWBERRY
SHORTCAKE
MILK

7
BAKED PORK CHOP
GLAZED CARROTS
MACARONI AND
CHEESE
YEAST ROLL
AMBROSIA SALAD
MILK

8
BBQ CHICKEN
GREEN BEANS
CARROTS
GOLDEN ROASTED
POTATOES
ROLL
FRESH BANANA
MILK

9
SALISBURY STEAK
BROWN GRAVY
PEAS & CARROTS
CAULIFLOWER
MASHED POTATOES
ROLL
FRESH TANGERINE
MILK

12
MEATLOAF
BROWN GRAVY
MIXED VEGETABLES
AU GRATIN POTATOES
ROLL
STRAWBERRY
CREAM SALAD
MILK

13
CHICKEN AND
DUMPLINGS
MIXED GREENS
RICE
ROLL
HAWAIIAN SALAD
MILK

14
CHILI (BEEF & BEANS)
TOSSED SALAD WITH
TOMATO
CRACKERS
CORNBREAD
RANCH DRESSING
PINEAPPLE GRATIN
MILK

15
CHICKEN W/
MUSHROOM SAUCE
GREEN BEANS
CARROTS
RICE
ROLL
FRESH APPLE
MILK

16
PEPPERONI PIZZA
PEAS
CARROTS
FRESH ORANGE
MILK

19
CUBED STEAK
BROWN GRAVY
GREEN PEAS
MACARONI AND
CHEESE
YEAST ROLL
HAWAIIAN SALAD
MILK

20
LEMON PEPPER
CHICKEN BREAST
BROCCOLI CASSEROLE
ROSEMARY POTATOES
ROLL
MANDARIN ORANGES IN
JELLO
MILK

21
BAKED HAM
GREEN BEANS
SWEET POTATOES
YEAST ROLL
MANDARIN ORANGE
FLUFF
MILK

22
SAUSAGE & GRAVY
NUTMEG SLICED -
APPLES
GARLIC REDSKIN
ROASTED POTA-
TOES
BISCUIT
FRESH BANANA
MILK

23
BLACK BEANS
CHEESE, ONIONS &
PEPPERS, BRUSSEL
SPROUTS, CORN,
GOLDEN ROASTED
POTATOES, ROLL,
FRESH TANGERINE
MILK

26
CHICKEN CASSEROLE
GLAZED CARROTS
BLACK EYED PEAS
YEAST ROLL
AMBROSIA SALAD
MILK

27
PINTO BEANS
DICED ONION
OKRA AND TOMATOES
CUCUMBER SALAD
CORNBREAD
APPLE CRISP
MILK

28
CUBED PORK
PORK GRAVY
GREEN BEANS
SWEET POTATOES
ROLL
YOGURT WITH
PINEAPPLE
MILK