



meals on wheels

OF CATAWBA COUNTY

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

The Meal Times

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**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.**



Our office will be closed on Friday, April 19th for Good Friday.

Preventing the Spread of Food Borne Illness

If refrigerated, hard boiled eggs last up to a week in the shell per the American Egg Board. If peeled, its best to use them the same day. Keep the eggs refrigerated as much as possible. Eggs also provide the best quality of protein and promote brain health.



April Fools Day



April Fool's Day is an annual Western celebration commemorated on April 1 by playing practical jokes and spreading hoaxes.

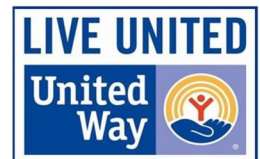


Happy Easter

21st



catawba county
social services



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Catawba County United Way

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

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HDM MENU



<p>1 BAKED PORK LOIN GRAVY MIXED VEGGIES COLESLAW BAKED BEANS CINNAMON APPLESAUCE ROLL MILK</p>	<p>2 LEMON PEPPER BAKED CHICKEN BREAST POULTRY GRAVY SQUASH CASSEROLE GARLIC POTATOES WHEAT ROLL STRAWBERRY SHORTCAKE MILK</p>	<p>3 CHILI WITH BEEF AND BEANS TOSSED SALAD WITH RED CABBAGE AND CARROTS OKRA CORNBREAD SALTINES RANCH DRESSING FRESH ORANGE MILK</p>	<p>4 SALISBURY STEAK BROWN GRAVY PEAS AND CARROTS CAULIFLOWER MASHED POTATOES ROLL FRESH BANANA MILK</p>	<p>5 CHILI WITH BEEF AND BEANS BRUSSEL SPROUTS CARROTS ROLL FRESH PEAR MILK</p>
<p>8 SMOTHERED CHICKEN BROWN GRAVY GREEN PEAS MANDARIN ORANGES WHIPPED POTATOES ROLL MILK</p>	<p>9 PINTO BEANS WITH ONIONS COUNTRY TOMATOES CORNBREAD STRAWBERRY SHORTCAKE MILK</p>	<p>10 CHEESEBURGER SLICED ONION COLESLAW BAKED BEANS BUN MUSTARD/KETCHUP BANANA PUDDING MILK</p>	<p>11 CHICKEN SALAD CORN AND RED PEPPERS ROASTED RED POTATOES BLACK BEANS BUN FRESH APPLE MILK</p>	<p>12 BONELESS PORK PATTY CAULIFLOWER AND BROCCOLI RICE MASHED SWEET POTATOES ROLL FRESH ORANGE MILK</p>
<p>15 GROUND BEEF WITH TACO SEASONING SHREDDED LETTUCE SHREDDED CHEESE DICED TOMATOES WHOLE KERNEL CORN WITH PEPPERS FLOUR TORTILLAS APPLE CRISP MILK</p>	<p>16 BAKED HAM PINEAPPLE SAUCE ROASTED SQUASH AND ZUCCHINI WHIPPED POTATOES ROLL AMBROSIA SALAD MILK</p>	<p>17 CHICKEN CASSEROLE GREEN BEANS SWEET POTATOES WHEAT ROLL ANGEL FOOD CAKE WITH STRAWBERRIES MILK</p>	<p>18 RIB PATTY SANDWICH CARROTS ROASTED RED POTATOES BREAD SLICES FRESH BANANA MILK</p>	<p>19 MEATLOAF AND GRAVY PEAS AND CARROTS CORN MASHED POTATOES ROLL FRESH PEAR MILK</p>
<p>22 BAKED CHICKEN POULTRY GRAVY TOMATO AND OKRA RICE WHEAT ROLL STRAWBERRY SHORTCAKE MILK</p>	<p>23 PEPPER STEAK BROWN GRAVY GLAZED CARROTS MAC AND CHEESE WHEAT ROLL BANANA PUDDING MILK</p>	<p>24 HOT DOG WITH ONIONS COLESLAW COWBOY BEANS BUN MUSTARD & KETCHUP APPLE CRISP MILK</p>	<p>25 SLICED TURKEY AND DRESSING POULTRY GRAVY CORN PEAS ROLL FRESH APPLE MILK</p>	<p>26 FRIED CHICKEN POULTRY GRAVY GREEN BEANS CORN MASHED POTATOES ROLL FRESH ORANGE MILK</p>
<p>29 CUBED STEAK BROWN GRAVY CAPRI VEGETABLES SLICED PEACHES ELBOW NOODLES WHEAT ROLL ANGEL FOOD CAKE MILK</p>	<p>30 CHICKEN AND DUMPLINGS MIXED GREENS MANDARIN ORANGES IN JELLO ROLL OATMEAL COOKIES MILK</p>			