



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 our office at 828-695-5610 no later than 10:00am the day before, if you will not be home and need to cancel your meal. Meals cannot be left outside when you are not home.



We will be closed on January 17th in observance of the Martin Luther King Jr holiday.



Inclement Weather Reminder

If there is inclement weather, deliveries may be impacted. For information about closings or delays due to inclement weather:

- You can call our office at 828-695-5610 to hear weather closings or delays.
- Or check our Facebook page for closings or delays by going to [facebook.com/MealsOnWheelsOfCatawbaCounty](https://www.facebook.com/MealsOnWheelsOfCatawbaCounty)



Health Benefits Of Cheese



Helps in reducing blood pressure



Improves bone strength



Helps in increasing muscle mass



Lowers the risk of Type 2 Diabetes



Good for your gut health

Food Safety 101: Chill

- Don't leave cooked food on the counter for more than 2 hours (Meals on Wheels meal)
- Thaw frozen meals in the fridge



catawba county
social services

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



Supported by
Catawba County United Way

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HDM MENU



January

<p>3 Hot Dog w/Sauerkraut Pinto Beans Hot Sliced Apples Bun Fruited Gelatin Milk</p>	<p>4 Fried Fish Filet w/Tartar Sauce Okra & Tomatoes Coleslaw Bun Mixed Fruit Milk</p>	<p>5 Pinto Beans Turnip Greens Macaroni & Cheese Cornbread Orange Juice Milk</p>	<p>6 Meatballs w/Gravy Rice Peas & Carrots Pears Dinner Roll Cookie Milk</p>	<p>7 Barbecue Boneless Pork Rib Lima Beans Mashed Potatoes Fruit Cocktail Dinner Roll Milk</p>
<p>10 Chicken Pie Blackeye Peas Peaches Dinner Roll Cookie Milk</p>	<p>11 Meatloaf Diced Potatoes Broccoli Whole Wheat Roll Orange Juice Pudding Milk</p>	<p>12 Chicken Patty w/Gravy Corn Okra & Tomatoes Cornbread Orange Milk</p>	<p>13 Cube Steak w/Gravy Broccoli & Cheese Mashed Potatoes Fruit Cocktail Dinner Roll Cookie Milk</p>	<p>14 Baked Chicken Patty Broccoli-Cauliflower Medley Blackeye Peas Apple Juice Whole Wheat Roll Cookie Milk</p>
<p>17</p> 	<p>18 Sloppy Joe Tater Tots Coleslaw Bun Apple Slices Milk</p>	<p>19 Hot Dog w/Chili Barbecue Slaw Lima Beans Apple Juice Bun White Cake w/ Chocolate Icing Milk</p>	<p>20 Barbecue Meatballs Squash & Onions Green Peas Apple Juice Whole Wheat Roll Cookie Milk</p>	<p>21 Chicken Filet Corn Carrots Bun Pears Milk</p>
<p>24 Pancakes w/Syrup Scrambled Eggs Sausage Links Tater Tots Orange Juice Milk</p>	<p>25 Chicken & Dumplings Buttered Carrots Dinner Roll Orange Juice Apple Cobbler Milk</p>	<p>26 Baked Ham w/ Pineapple Juice Broccoli-Rice Casserole Sweet Potatoes Pineapple Slices Dinner Roll Milk</p>	<p>27 Fried Fish Filet w/Tartar Sauce Okra & Tomatoes Whole Potatoes Bun Mixed Fruit Milk</p>	<p>28 Chili Con Carne Rice Cornbread Fruit Cocktail Milk</p>
<p>31 Baked Chicken w/Gravy Green Beans Corn Dinner Roll Cranberry Juice White Cake w/ Chocolate Icing Milk</p>			<p>Menu substitutions may occasionally have to be made of equal nutritional value.</p> <p>Diabetic friendly options will be made in substitution of desserts.</p>	