



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.



If you have a dog, it **MUST** be put up during delivery times. Thank you!

INCLEMENT WEATHER INFORMATION



If there is inclement weather, deliveries may be impacted. For information regarding closings due to inclement weather, you can call the office at 828-695-5610 to hear weather closings and delays for Meals on Wheels.

Holiday Closures

1/2/23	Closed for New Year's holiday
1/3/23	Resume deliveries as scheduled
1/16/23	Closed in observance of the Martin Luther King Jr holiday

Winter Weather Food Safety

Winter storms can cause power outages that disable refrigerators and freezers.

With power outages, keep the refrigerator and freezer doors closed as much as possible. A refrigerator will keep food cold for about 4 hours, if the door is kept closed. A full freezer will hold its temperature for about 48 hours (24 hours if half-full).



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>2</p> 	<p>3</p> <p>Meatloaf Diced Potatoes Broccoli Wheat Roll Orange Juice Pudding Milk</p>	<p>4</p> <p>Chicken Patty w/Gravy Corn Okra & Tomatoes Cornbread Fruited Gelatin Milk</p>	<p>5 *<u>Extra Breakfast Meal*</u></p> <p>Smoked Sausage Rice Peas & Carrots Pears Dinner Roll Assorted Cookie Milk</p>	<p>6</p> <p>Barbecue Boneless Pork Rib Lima Beans Mashed Potatoes Fruit Cocktail Dinner Roll Milk</p>
<p>9</p> <p>Sliced Turkey w/Gravy Cornbread Stuffing Green Beans Peach Cobbler Milk</p>	<p>10</p> <p>Sloppy Joe Tater Tots Coleslaw Bun Applesauce Milk</p>	<p>11</p> <p>Hot Dog w/Chili Lima Beans Barbecue Slaw Apple Juice Bun Chocolate Peanut Butter Bar Milk</p>	<p>12 *<u>Extra Breakfast Meal*</u></p> <p>Cube Steak w/Gravy Broccoli & Cheese Mashed Potatoes Fruit Cocktail Dinner Roll Assorted Cookie Milk</p>	<p>13</p> <p>Baked Chicken Patty Broccoli & Cauliflower Medley Blackeye Peas Apple Juice Wheat Roll Assorted Cookie Milk</p>
<p>16</p> 	<p>17</p> <p>Chicken & Dumplings Buttered Carrots Dinner Roll Orange Juice Fresh Apple Slices Milk</p>	<p>18</p> <p>Baked Ham w/ Pineapple Juice Broccoli-Rice Casserole Sweet Potatoes Dinner Roll Pineapple Slices Milk</p>	<p>19 *<u>Extra Breakfast Meal*</u></p> <p>Barbecue Boneless Pork Rib Squash & Onions Green Peas Apple Juice Wheat Roll Assorted Cookie Milk</p>	<p>20</p> <p>Hot Dog w/Chili Corn Baked Beans Bun Pears Assorted Cookie Milk</p>
<p>23</p> <p>Pancakes w/syrup Scrambled Eggs Sausage Links Tater Tots Fresh Orange Milk</p>	<p>24</p> <p>Cheeseburger w/Chili Baked Beans Lettuce & Tomato Bun Peaches Milk</p>	<p>25</p> <p>Chicken Pie Collard Greens Baked Apples Dinner Roll Assorted Cookie Milk</p>	<p>26 *<u>Extra Breakfast Meal*</u></p> <p>Baked Ham Broccoli w/Cheese Sauce Mashed Potatoes Orange Juice Cornbread Assorted Cookie Milk</p>	<p>27</p> <p>Chili Con Carne Rice Stewed Tomatoes Cornbread Fruit Cocktail Milk</p>
<p>30</p> <p>Barbecue Chicken Green Peas Glazed Carrots Apple Juice Dinner Roll Pudding Milk</p>	<p>31</p> <p>Hamburger Steak w/ Gravy Mashed Potatoes Broccoli Casserole Applesauce Dinner Roll Orange Juice Milk</p>		<p>Menu substitutes may occasionally have to be made of equal nutritional value.</p> <p>Diabetic friendly options will be made in substitution of desserts.</p>	