



meals on wheels

OF CATAWBA COUNTY

Senior Nutrition Services
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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.**



June is National Fresh Fruit and Vegetable Month!

Fruits and vegetables are a key part of an overall healthy eating plan because they're typically high in vitamins, minerals and fiber and low in calories and saturated fat. They're also delicious, colorful, versatile, convenient, and affordable. Eating a variety of fruits and vegetables may help you control your weight and blood pressure as well as help reduce your risk of heart disease and stroke. They provide key nutrients, such as calcium, fiber, iron, potassium, and vitamins A and C. To help prevent and spread food borne illnesses, it's important to wash fruits and vegetables before eating.



On June 14th, we honor Old Glory on National Flag Day. This day commemorates the adoption of the United States flag on June 14, 1777. On National Flag Day, Americans show respect for the U.S. Flag and what it represents. Representing independence and unity, the Star Spangled Banner has become a powerful symbol of Americanism and is flown proudly.



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



<p>3 BAKED CHICKEN POULTRY GRAVY TOMATO AND OKRA RICE WHEAT ROLL STRAWBERRY SHORTCAKE MILK</p>	<p>4 PEPPER STEAK BROWN GRAVY GLAZED CARROTS MAC & CHEESE WHEAT ROLL BANANA PUDDING MILK</p>	<p>5 HOT DOG WITH ONIONS COLESLAW COWBOY BEANS BUN MUSTARD & KETCHUP APPLE CRISP MILK</p>	<p>6 SLICED TURKEY AND DRESSING POULTRY GRAVY CORN PEAS ROLL FRESH APPLE MILK</p>	<p>7 FRIED CHICKEN POULTRY GRAVY GREEN BEANS CORN MASHED POTATOES ROLL FRESH ORANGE MILK</p>
<p>10 CUBED STEAK BROWN GRAVY CAPRI VEGETABLES SLICED PEACHES ELBOW NOODLES WHEAT ROLL ANGEL FOOD CAKE MILK</p>	<p>11 CHICKEN AND DUMPLINGS MIXED GREENS MANDARIN ORANGES IN JELLO ROLL OATMEAL COOKIES MILK</p>	<p>12 PORK RIBLET BBQ SAUCE COLESLAW PINTO BEANS BUN APPLE CRISP MILK</p>	<p>13 ROAST BEEF GRAVY GREEN BEANS CARROTS MASHED POTATOES ROLL FRESH BANANA MILK</p>	<p>14 STEAK BISCUIT FRUIT COCKTAIL GOLDEN ROASTED POTATOES WITH ONIONS AND PEPPERS FRESH PEAR MILK</p>
<p>17 CUBED PORK WHITE GRAVY GREEN BEANS HOT CINNAMON APPLESAUCE SWEET POTATOES WHEAT ROLL VANILLA PUDDING MILK</p>	<p>18 SWEDISH MEATBALLS BROWN GRAVY GLAZED CARROTS RICE ROLL FRUIT COCKTAIL MILK</p>	<p>19 BBQ CHICKEN BREAST BBQ SAUCE GREEN BEANS POTATO SALAD ROLL PINEAPPLE GRATIN MILK</p>	<p>20 HAM AND BEANS BROCCOLI MASHED SWEET POTATOES ROLL FRESH APPLE MILK</p>	<p>21 BUTTERMILK PANCAKES WITH BLUEBERRIES POULTRY SAUSAGE GOLDEN ROASTED POTATOES FRESH ORANGE MILK</p>
<p>24 BAKED PORK LOIN GRAVY MIXED VEGGIES COLESLAW BAKED BEANS CINNAMON APPLESAUCE ROLL MILK</p>	<p>25 LEMON PEPPER BAKED CHICKEN BREAST POULTRY GRAVY SQUASH CASSEROLE GARLIC POTATOES WHEAT ROLL STRAWBERRY SHORTCAKE MILK</p>	<p>26 CHILI TOSSED SALAD WITH RED CABBAGE AND CARROTS OKRA CORNBREAD SALTINES RANCH DRESSING FRESH ORANGE MILK</p>	<p>27 SALISBURY STEAK BROWN GRAVY PEAS AND CARROTS CAULIFLOWER MASHED POTATOES ROLL FRESH BANANA MILK</p>	<p>28 CHILI WITH BEEF AND BEANS BRUSSEL SPROUTS CARROTS ROLL FRESH PEAR MILK</p>



First day of
Summer
June 21st



Father's
Day
June 16th