



meals on wheels

OF CATAWBA COUNTY

Senior Nutrition Services
PO Box 207, Newton, NC 28658
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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.



Spring Begins
Monday,
March 20th

National Celery Month

Celery is very low in calories, it is high in fiber, potassium, and vitamins A and C. Celery adds a tasty crunch to salads and tuna fish, great in soups, stuffing, and many other recipes. It is a great snack paired with a variety of dips, or peanut butter.



Daylight Savings
Time Begins
Sunday,
March 12th

Frozen Meal Tips

- You may store your frozen meals in your refrigerator for up to 3 days or in your freezer until ready to eat.
- DO NOT thaw your frozen meal, meal components, or milk on the countertop. The best place to thaw these items is in the refrigerator.
- Only keep thawed meals for up to 3 days in the refrigerator.
- It is okay to heat your meal from frozen or thawed.

Basic Step to Food Safety: Cleaning

- Use paper towels to clean up kitchen surfaces. If using cloth towels, you should wash them often in the hot cycle of the washing machine.
- Wash produce. Rinse/rub fruits and vegetables under running tap water, including those with skins and rinds that are not eaten.



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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March

Menu substitutes may occasionally have to be made of equal nutritional value.

Diabetic friendly options will be made in substitution of desserts.

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| | | 1 Baked Ham w/Pineapple Juice Broccoli-Rice Casserole Sweet Potatoes Pineapple Slices Dinner Roll Milk | 2 Barbecue Boneless Pork Rib Squash & Onions Green Peas Apple Juice Wheat Roll Assorted Cookie Milk | 3 Hot Dog w/Chili Corn Carrots Bun Pears Assorted Cookie Milk |
| 6 Baked Chicken w/Gravy Green Beans Corn Dinner Roll Cranberry-Apple Juice Chocolate Peanut Butter Bar Milk | 7 Cheeseburger w/Chili Baked Beans Lettuce & Tomato Bun Fresh Apple Slices Milk | 8 Chicken Pie Collard Greens Baked Apples Dinner Roll Assorted Cookie Milk | 9 Baked Ham Broccoli w/Cheese Sauce Mashed Potatoes Orange Juice Cornbread Assorted Cookie Milk | 10 Chili Con Carne Rice Stewed Tomatoes Cornbread Fruit Cocktail Milk |
| 13 Barbecue Chicken Green Peas Glazed Carrots Apple Juice Dinner Roll Pudding Milk | 14 Hamburger Steak w/Gravy Mashed Potatoes Broccoli Casserole Applesauce Orange Juice Dinner Roll Milk | 15 Smoked Sausage w/Cabbage Crowder Peas Dinner Roll Peaches Milk | 16 Breaded Chicken Filet Baked Beans Tater Tots Bun Assorted Cookie Milk | 17 Chicken Alfredo w/Noodles Green Beans Pickled Beets Wheat Roll Pears Milk |
| 20 Hot Dog w/Sauerkraut Pinto Beans Hot Sliced Apples Bun Fruited Gelatin Milk | 21 Fried Fish Filet w/Tartar Sauce Okra & Tomatoes Coleslaw Bun Mixed Fruit Milk | 22 ½ Pimento Cheese Sandwich on Wheat Bread Vegetable Beef Soup w/Crackers Fresh Orange Pudding Milk | 23 Spaghetti w/Meat Sauce Green Beans Corn Garlic Bread Pears Milk | 24 Pinto Beans Turnip Greens Macaroni & Cheese Cornbread Orange Juice Milk |
| 27 Pancakes w/syrup Scrambled Eggs Sausage Links Tater Tots Orange Juice Milk | 28 Meatloaf Diced Potatoes Broccoli Wheat Roll Orange Juice Pudding Milk | 29 Chicken Patty w/Gravy Corn Okra & Tomatoes Cornbread Fruited Gelatin Milk | 30 Smoked Sausage Rice Peas & Carrots Dinner Roll Pears Assorted Cookie Milk | 31 Barbecue Boneless Pork Rib Lima Beans Mashed Potatoes Fruit Cocktail Dinner Roll Milk |