



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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If you will not be home and need to cancel your meal, please call 828-695-5610 no later than 10:00 am the day prior.



It is important that you call us at least by 10:00 am the day prior so we can cancel the order of your meal and therefor do not waste meals. Meals can be cancelled up to a year in advance, so feel free to call us with doctors appointments as soon as they're scheduled.



If it is after 10:00 am the day prior when you find out you will not be home, please still give us a call, so our

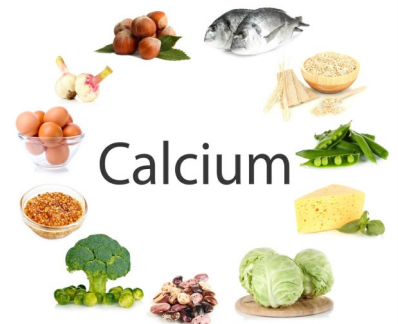
volunteers do not make an unnecessary trip and know that you're safe.



Our office will be closed on Monday, May 27th for Memorial Day.

Nutrient Needs of Older Adults

Eating right and staying fit are important no matter what your age. Older adults need more calcium and vitamin D to help maintain bone health. Have three servings of calcium-rich foods and beverages each day. This includes fortified cereals and fruit juices, dark green leafy vegetables, canned fish with soft bones and milk.



Calcium



Mother's Day is Sunday, May 12th



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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	<p>1 PORK RIBLET BBQ SAUCE COLESLAW PINTO BEANS BUN APPLE CRISP MILK</p>	<p>2 ROAST BEEF GRAVY GREEN BEANS CARROTS MASHED POTATOES ROLL FRESH BANANA MILK</p>	<p>3 STEAK BISCUIT FRUIT COCKTAIL GOLDEN ROASTED POTATOES WITH ONIONS AND PEPPERS FRESH PEAR MILK</p>	
<p>6 CUBED PORK WHITE GRAVY GREEN BEANS HOT CINNAMON APPLESAUCE SWEET POTATOES WHEAT ROLL VANILLA PUDDING MILK</p>	<p>7 SWEDISH MEATBALLS BROWN GRAVY GLAZED CARROTS RICE ROLL FRUIT COCKTAIL MILK</p>	<p>8 BBQ CHICKEN BREAST BBQ SAUCE GREEN BEANS POTATO SALAD ROLL PINEAPPLE GRATIN MILK</p>	<p>9 HAM AND BEANS BROCCOLI MASHED SWEET POTATOES ROLL FRESH APPLE</p>	<p>10 BUTTERMILK PANCAKES WITH BLUEBERRIES POULTRY SAUSAGE GOLDEN ROASTED POTATOES FRESH ORANGE MILK</p>
<p>13 BAKED PORK LOIN GRAVY MIXED VEGGIES COLESLAW BAKED BEANS CINNAMON AP- PLESAUCE ROLL MILK</p>	<p>14 LEMON PEPPER BAKED CHICKEN BREAST POULTRY GRAVY SQUASH CASSEROLE GARLIC POTATOES WHEAT ROLL STRAWBERRY SHORTCAKE MILK</p>	<p>15 CHILI TOSSED SALAD WITH RED CABBAGE AND CARROTS OKRA CORNBREAD SALTINES RANCH DRESSING FRESH ORANGE MILK</p>	<p>16 SALISBURY STEAK BROWN GRAVY PEAS AND CARROTS CAULIFLOWER MASHED POTATOES ROLL FRESH BANANA MILK</p>	<p>17 CHILI WITH BEEF AND BEANS BRUSSEL SPROUTS CARROTS ROLL FRESH PEAR MILK</p>
<p>20 SMOTHERED CHICKEN BROWN GRAVY GREEN PEAS MANDARIN ORANGES WHIPPED POTATOES ROLL MILK</p>	<p>21 PINTO BEANS WITH ONIONS COUNTRY TOMATOES CORNBREAD STRAWBERRY SHORTCAKE MILK</p>	<p>22 CHEESEBURGER SLICED ONION COLESLAW BAKED BEANS BUN MUSTARD/KETCHUP BANANA PUDDING MILK</p>	<p>23 CHICKEN SALAD CORN AND RED PEPPERS ROASTED RED POTATOES BLACK BEANS BUN FRESH APPLE MILK</p>	<p>24 BONELESS PORK PATTY CAULIFLOWER AND BROCCOLI RICE MASHED SWEET POTATOES ROLL FRESH ORANGE MILK</p>
<p>27 CLOSED </p>	<p>28 BAKED HAM PINEAPPLE SAUCE ROASTED SQUASH AND ZUCCHINI WHIPPED POTATOES ROLL AMBROSIA SALAD MILK</p>	<p>29 CHICKEN CASSEROLE GREEN BEANS SWEET POTATOES WHEAT ROLL ANGEL FOOD CAKE WITH STRAWBERRIES MILK</p>	<p>30 RIB PATTY SANDWICH CARROTS ROASTED RED POTATOES BREAD SLICES FRESH BANANA MILK</p>	<p>31 MEATLOAF AND GRAVY PEAS AND CARROTS CORN MASHED POTATOES ROLL FRESH PEAR MILK</p>