



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 828-695-5610
the day before no later
than 10:00am, if you
will not be home and
need to cancel your meal.**



Meal Delivery Time Change

Beginning May 3rd, the time that meals are delivered will be changing. Meals for all clients will now be delivered between 10:30 and 12:00. If a volunteer is running late, meals could arrive shortly after 12:00.



This change is being made to provide consistency to all meal recipients and volunteers. If you have questions or concerns, please call our office at 828-695-5610.

Return to Hot Meals

Beginning Monday, May 3rd, Meals on Wheels will be returning to hot meal deliveries. The delivery schedule will be as follows:

- Monday: Hot Meal
- Tuesday: Hot Meal
- Wednesday: Hot Meal
- Thursday: Two Frozen Meals

Volunteers will continue to be masked and making contactless deliveries by placing the meal outside your door and stepping back, allowing you or a caretaker to step outside to pick it up.

Meals will not be left outside if you are not home.

If you have any questions or concerns, please call our office at 828-695-5610.

Clients on the Cooksville/Vale Route will continue to receive five frozen meals on Mondays.



We will be closed
Monday, May 31st
for Memorial Day.



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 Barbecue Chicken Rice Stewed Tomatoes Dinner Roll Baked Apples Milk</p>	<p>4 Swiss Steak Mashed Potatoes Broccoli & Cheese Dinner Roll Pineapple Tidbits Milk</p>	<p>5 Barbecue Pork Baked Beans Corn Bun Assorted Cookies Milk</p>	<p>6 Baked Chicken Creamed Potatoes Green Peas Dinner Roll Fruit Cup Milk</p>	<p>7 Spaghetti & Meat Sauce Green Beans Dinner Roll Fruit Juice Milk</p>
<p>10 Chicken Filet Okra & Tomatoes Whole Potatoes Bun Peaches Milk</p>	<p>11 Chopped Steak w/ Brown Gravy Green Beans Carrots Dinner Roll Fruit Juice Milk</p>	<p>12 Roast Turkey w/Gravy Cornbread Stuffing Pickled Beets Baked Apples Fruit Juice Milk</p>	<p>13 Meatloaf Macaroni & Cheese Lima Beans Dinner Roll Fruit Juice Milk</p>	<p>14 Chicken Patty w/Gravy Mashed Potatoes Broccoli & Cheese Casserole Dinner Roll Cookie Milk</p>
<p>17 Cheeseburger Baked Beans Tater Tots Bun Fruit Juice Milk</p>	<p>18 Spaghetti & Meat Sauce Corn Dinner Roll Pineapple Tidbits Milk</p>	<p>19 Chicken & Dumplings Carrots Green Beans Dinner Roll Peaches Milk</p>	<p>20 Pepper Steak Supreme Mashed Potatoes Peas & Carrots Dinner Roll Pineapple Tidbits Milk</p>	<p>21 Sweet & Sour Chicken Macaroni & Cheese California Blend Dinner Roll Fruit Juice Milk</p>
<p>24 Chicken & Dumplings Okra & Tomatoes Carrots Dinner Roll Fruit Juice Milk</p>	<p>25 Salisbury Steak Navy Beans Broccoli Dinner Roll Applesauce Milk</p>	<p>26 Pinto Beans Collard Greens Stewed Potatoes Cornbread Assorted Cookie Milk</p>	<p>27 Hot Dog w/Chili Whole Kernel Corn Carrots Diced Peaches Bun Milk</p>	<p>28 Chicken Alfredo w/Noodles Green Beans Pickled Beets Dinner Roll Fruit Juice Milk</p>

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CLOSED
Memorial Day



Please call us at 828-695-5610, if you have been exposed to COVID-19, are awaiting test results, or have tested positive. If you need meals, we will work with you to make sure you have food.