



**meals on wheels**

OF CATAWBA COUNTY

Senior Nutrition Services  
PO Box 207, Newton, NC 28658  
(828) 695-5610

[www.mealsonwheelsofcatawbacounty.org](http://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.**



Our office will be closed on Monday, May 29th for Memorial Day.

## Basic Step to Food Safety

**Chill:** Refrigerate foods promptly. Cold temperatures slow the growth of harmful bacteria. Keeping a constant refrigerator temperature of 40 °F or below is one of the most effective ways to reduce risk of foodborne illness. Use an appliance thermometer to be sure the refrigerator temperature is consistently 40 °F or below and the freezer temperature is 0 °F or below.



## Farewell, Debbie!



I am retiring! Working for Catawba County over the past 30 years has been such a blessing. It has been an honor and privilege serving the residents of Catawba County. Everyone one of you hold a special place in my ❤️ and I will miss you more than you know. My last working day is Friday, May 26<sup>th</sup> if you would like to give me a call before I leave. God bless you all and you will continue to be in my prayers.

With much love,  
Debbie



**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>1 Sloppy Joe Coleslaw Tater Tots Bun Fruit Cup Milk</p>	<p>2 Baked Chicken w/ Gravy Mashed Potatoes Crowder Peas Dinner Roll Fresh Orange Milk</p>	<p>3 Pinto Beans w/Ham Macaroni &amp; Cheese Cabbage Cornbread Grape Juice Milk</p>	<p>4 Hot Dog w/Chili Carrots Whole Kernel Corn Chocolate Peanut Butter Bar Bun Milk</p>	<p>5 Chicken Alfredo w/ Noodles Green Beans Pickled Beets Dinner Roll Pears Milk</p>
<p>8 Barbecued Chicken Rice Stewed Tomatoes Dinner Roll Baked Apples Milk</p>	<p>9 Pancakes w/Syrup Scrambled Eggs Sausage Links Tater Tots Orange Juice Milk</p>	<p>10 Barbecued Boneless Pork Rib Coleslaw Corn Bun Pudding Milk</p>	<p>11 Chopped Steak w/ Brown Gravy Steamed Rice Green Beans Dinner Roll Chilled Fruit Cup Milk</p>	<p>12 Baked Ham Pinto Beans Turnip Greens Cornbread Assorted Cookie Milk</p>
<p>15 Chopped Steak w/ Brown Gravy Green Beans Carrots Wheat Roll Cranberry-Apple Juice Milk</p>	<p>16 Fried Fish Filet Okra &amp; Tomatoes Coleslaw Bun Peaches Milk</p>	<p>17 Roast Turkey w/Gravy Cornbread Stuffing Pickled Beets Baked Apples Grape Juice Milk</p>	<p>18 Baked Chicken Creamed Potatoes Green Peas Dinner Roll Assorted Cookie Grape Juice Milk</p>	<p>19 Lasagna Green Beans Garlic Bread Mixed Fruit Milk</p>
<p>22 Cheeseburger Lettuce &amp; Tomato Tater Tots Bun Pudding Milk</p>	<p>23 Spaghetti w/Meat Sauce Corn Garlic Bread Pineapple Tidbits Milk</p>	<p>24 Chicken &amp; Dumplings Carrots Coleslaw Dinner Roll Peaches Milk</p>	<p>25 Meatloaf Macaroni &amp; Cheese Lima Beans Dinner Roll Pineapple-Orange Juice Milk</p>	<p>26 Chicken Patty w/ Gravy Mashed Potatoes Broccoli &amp; Cheese Casserole Assorted Cookie Dinner Roll &amp; Milk</p>
<p>29 <u>***Delivered on 5/25 due to Memorial Day closure***</u> Chicken Pie Okra and Tomatoes Dinner Roll Cranberry-Apple Juice Milk</p>	<p>30 Salisbury Steak Navy Beans Broccoli Dinner Roll Fresh Apple Slices Milk</p>	<p>31 Pinto Beans Collard Greens Stewed Potatoes Cornbread Pudding Milk</p>	<p><b>Menu substitutes may occasionally have to be made of equal nutritional value.</b></p> <p><b>Fruit cups will be made in substitution of desserts. For diabetic meals.</b></p>	