



meals on wheels

OF CATAWBA COUNTY

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

The Meal Times

November 2020
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If you will not be home for your Monday or Thursday delivery, call our office at 828-695-5610 as soon as you know. Right now, our meal orders are placed a week in advance. Thank you!



Important Hand Washing Tip

Wash your hands often, especially during these key times when germs can spread:

- Before, during, and after preparing food
- After handling raw meat, poultry, seafood, or their juices, or uncooked eggs
- Before eating
- After using the toilet
- After touching an animal, animal feed, or animal waste
- After touching garbage
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After blowing your nose, coughing, or sneezing

Upcoming Holiday Delivery and Office Closure

- Meals on Wheels offices will be closed on Thursday, November 26th and Friday, December 27th for Thanksgiving.
- Five frozen meals will be delivered on Monday, November 23rd as there will be no Thursday delivery that week.



Daylight Savings Time Ends Sunday, November 1st.



Veteran's Day—November 11th



catawba county
social services

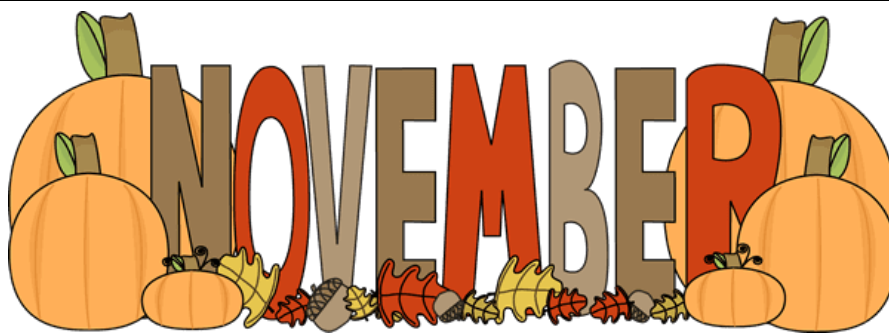
To strengthen, with dignity and respect, the quality of life for all citizens through supportive services and advocacy



Supported by
Catawba County United Way

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HDM MENU



<p>2 Spaghetti w/Meat Sauce Green Beans Dinner Roll Mixed Fruit Milk</p>	<p>3 Chicken & Dumplings Buttered Carrots Fruit Juice Dinner Roll Baked Apples Milk</p>	<p>4 Baked Ham w/ Pineapple Juice Broccoli-Rice Casserole Sweet Potatoes Dinner Roll Pineapple Slices Milk</p>	<p>5 Barbecued Meatballs Squash & Onions Green Peas Fruit Juice Dinner Roll Assorted Cookie Milk</p>	<p>6 Hot Dog w/Chili Corn Carrots Pears Bun Lemon Pudding Milk</p>
<p>9 Baked Chicken w/gravy Green Beans Corn Dinner Roll Fruit Juice Milk</p>	<p>10 Cheeseburger w/chili Baked Beans Tater Tots Bun Peaches Milk</p>	<p>11 Chicken & Dumplings Buttered Carrots Fruit Juice Dinner Roll Baked Apples Milk</p>	<p>12 Baked Ham Broccoli w/Cheese Sauce Mashed Potatoes Fruit Juice Cornbread Banana Pudding Milk</p>	<p>13 Chili Con Carne Rice Stewed Tomatoes Cornbread Fruit Cocktail Milk</p>
<p>16 Barbecued Chicken Green Peas Glazed Carrots Fruit Juice Dinner Roll Chocolate Pudding Milk</p>	<p>17 Hamburger Steak w/ Gravy Mashed Potatoes Broccoli-Cheese Casse- role Fruit Juice Dinner Roll Applesauce Milk</p>	<p>18 Smoked Sausage w/Cabbage Crowder Peas Dinner Roll Peaches Milk</p>	<p>19 Breaded Chicken Filet Baked Beans Tater Tots Bun Tropical Fruit Milk</p>	<p>20 Chicken Alfredo w/Noodles Green Beans Pickled Beets Dinner Roll Pears Milk</p>
<p>23 Hot Dog w/Sauerkraut Pinto Beans Hot Sliced Apples Bun Tropical Fruit Milk</p>	<p>24 Chicken Patty Okra & Tomatoes Stewed Potatoes Bun Mixed Fruit Milk</p>	<p>25 Sliced Turkey w/Gravy Cornbread Stuffing Green Beans Mashed Potatoes Diced Peaches Milk</p>	<p>26 Spaghetti w/Meat Sauce Green Beans Dinner Roll Pears Milk</p>	<p>27 Chopped Steak w/Brown Gravy Green Beans Carrots Dinner Roll Fruit Juice Milk</p>
<p>30 Pinto Beans Turnip Greens Macaroni & Cheese Cornbread Fruit Juice Milk</p>	<p>Meals listed under Monday, Tuesday, and Wednesday are delivered on Mondays. Meals listed for Thursday and Friday are delivered on Thursdays. For clients on routes receiving all five meals one day a week, all meals will be delivered on Mondays.</p>			