



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

November 2021
Vol. 11 Issue 11

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.



Holiday Closure

We will be closed on November 25th and 26th in observance of Thanksgiving.



Since we will be closed, you will receive three frozen meals on Wednesday, November 24th.

Chicken Soup for the Soul Day: November 12th

According to the creators of the book series of the same name, Chicken Soup for the Soul Day was created as "a celebration of who you are, where you've been, where you're going, and who you will be thankful to when you get there!" Some health benefits for Chicken soup are: chicken broth helps sooth the body with heat, hydration, and nutrients. Chicken broth is rich with vitamins and minerals, which are useful against the common cold and the flu.



Food Safety 101: Cleaning

- Wash hands with warm soap and water
- Wash fruits and veggies
- Wash cookware, surfaces utensils



November 7th
Daylight Savings Ends



Fall Back

Set your clocks back one hour before bed on Sunday.



Happy Veterans Day
Honoring All Who Served



November 11th
Veterans 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>1 Pancakes w/Syrup Scrambled Eggs Sausage Links Tater Tots Orange Juice Milk</p>	<p>2 Chicken & Dumplings Buttered Carrots Dinner Roll Orange Juice Apple Slices Milk</p>	<p>3 Baked Ham w/ Pineapple Juice Broccoli Rice Casserole Sweet Potatoes Pineapple Slices Dinner Roll Milk</p>	<p>4 Barbecue Meatballs Squash & Onions Green Peas Apple Juice Wheat Roll Assorted Cookie Milk</p>	<p>5 Hot Dog w/Chili Corn Baked Beans Bun Pears Assorted Cookie Milk</p>
<p>8 Baked Chicken w/Gravy Green Beans Corn Dinner Roll Cranberry Juice White Cake w/ Chocolate Icing Milk</p>	<p>9 Cheeseburger w/Chili Baked Beans Coleslaw Bun Peaches Milk</p>	<p>10 Chicken Pie Collard Greens Baked Apples Dinner Roll Assorted Cookie Milk</p>	<p>11 Baked Ham Broccoli w/Cheese Mashed Potatoes Orange Juice Cornbread Milk</p>	<p>12 Chili Con Carne Rice Cornbread Fruit Juice Fruit Cocktail Milk</p>
<p>15 Barbecue Chicken Green Peas Glazed Carrots Apple Juice Dinner Roll Chocolate Pudding Milk</p>	<p>16 Hamburger Steak w/ Gravy Mashed Potatoes Broccoli Casserole Applesauce Dinner Roll Orange Juice Milk</p>	<p>17 Smoked Sausage w/ Cabbage Crowder Peas Dinner Roll Peaches Milk</p>	<p>18 Breaded Chicken Filet Baked Beans Tater Tots Bun Fruit Juice Milk</p>	<p>19 Chicken Alfredo w/ Noodles Green Beans Pickled Beets Wheat Roll Pears Milk</p>
<p>22 Hot Dog w/Sauerkraut Pinto Beans Hot Sliced Apples Bun Orange Milk</p>	<p>23 Fried Fish Filet w/Tartar Sauce Coleslaw Okra & Tomatoes Bun Mixed Fruit Milk</p>	<p>24 Sliced Turkey w/Gravy Cornbread Stuffing Green Beans Peach Cobbler Cranberry Sauce Dinner Roll Milk</p>	<p>25 CLOSED: Meal delivered on 11/24 Spaghetti w/Meat Sauce Green Beans Dinner Roll Pears Milk</p>	<p>26 CLOSED: Meal delivered on 11/24 Pancakes w/Syrup Scrambled Eggs Sausage Links Tater Tots Orange Juice Milk</p>
<p>29 Pinto Beans Turnip Greens Macaroni & Cheese Cornbread Orange Juice Milk</p>	<p>30 Meatloaf Diced Potatoes Broccoli Wheat Roll Orange Juice Banana Pudding Milk</p>	<p>Menu substitutions may occasionally have to be made of equal nutritional value.</p> <p>Diabetic friendly options will be made in substitution of desserts.</p>		