



We hope to see
you soon!

*We
miss
you*

HALLOWEEN FACTS

1. The holiday goes back more than 2,000 years.
2. Trick-or-treating has existed since medieval times.
3. Sugar rationing during World War II halted trick-or-treating.
4. Now, Halloween is the second largest commercial holiday in the country.
5. Americans spend about \$86.27 on Halloween every year.
6. This year will be the first Halloween in 19 years to have a full moon.
7. The Irish brought us jack-o'-lanterns. They used to be carved out of turnips, potatoes, and beets.
8. "Monster Mash" once reigned supreme on the Billboard charts.



Upcoming Holiday Deliveries

Meals will be delivered as usual on Mondays for all of October and November. In December, our offices will be closed on December 28th.

Extra meals will be sent out prior to closure to cover for the week of December 28th. This delivery will be scheduled at a later date, so be on the lookout for additional information regarding deliveries around holidays.

Seniors Morning Out is a program of Senior Nutrition Services of Catawba County. There is never a charge to participants, and there are no income limits. Donations are accepted. The only requirement is that you be age 60 or older and live in Catawba County. Come prepared to have fun, meet new friends, and learn something new! Call us at 828-695-5610, go to our website at mealsonwheelsofcatawbacounty.org or like us on Facebook!



Supported by
Catawba County United Way

SMO MENU



			<p>1 Baked Ham Broccoli w/Cheese Sauce Mashed Potatoes Fruit Juice Cornbread Banana Pudding Milk</p>	<p>2 Chili Con Carne Rice Stewed Tomatoes Cornbread Fruit Cocktail Milk</p>
<p>5 Barbecue Chicken Green Peas Glazed Carrots Fruit Juice Dinner Roll Chocolate Pudding Milk</p>	<p>6 Hamburger Steak w/ Gravy Mashed Potatoes Broccoli Casserole Applesauce Fruit Juice Dinner Roll & Milk</p>	<p>7 Smoked Sausage w/ Cabbage Crowder Peas Dinner Roll Peaches Milk</p>	<p>8 Breaded Chicken Filet Baked Beans Tater Tots Bun Tropical Fruit Milk</p>	<p>9 Chicken Alfredo w/ Noodles Green Beans Pickled Beets Dinner Roll Pears Milk</p>
<p>12 Hot Dog w/Sauerkraut Pinto Beans Hot Sliced Apples Bun Tropical Fruit Milk</p>	<p>13 Fried Fish Filet Okra & Tomatoes Stewed Whole Potatoes Bun Mixed Fruit & Milk</p>	<p>14 Pinto Beans Turnip Greens Macaroni & Cheese Cornbread Fruit Juice Milk</p>	<p>15 Spaghetti w/Meat Sauce Green Beans Dinner Roll Pears Milk</p>	<p>16 Chopped Steak w/ Brown Gravy Green Beans Carrots Dinner Roll Fruit Juice & Milk</p>
<p>19 Chicken & Dumplings Blackeye Peas Peaches Dinner Roll Cookie Milk</p>	<p>20 Meatloaf Diced Potatoes Broccoli Dinner Roll Fruit Juice Banana Pudding Milk</p>	<p>21 Chicken Patty w/ Gravy Whole Kernel Corn Okra & Tomatoes Cornbread Tropical Fruit Milk</p>	<p>22 Meatballs w/Gravy Rice Peas & Carrots Pears Dinner Roll Chocolate Pudding Milk</p>	<p>23 Barbecue Boneless Pork Rib Lima Beans Mashed Potatoes Fruit Cocktail Dinner Roll Milk</p>
<p>26 Sliced Turkey w/Gravy Cornbread Stuffing Green Beans Mashed Potatoes Diced Peaches Milk</p>	<p>27 Sloppy Joe Tater Tots Baked Beans Bun Applesauce Milk</p>	<p>28 Hot Dog w/Chili Whole Kernel Corn Lima Beans Fruit Juice Bun Milk</p>	<p>29 Cube Steak w/Gravy Broccoli w/Cheese Mashed Potatoes Fruit Cocktail Dinner Roll Cookie Milk</p>	<p>30 Baked Chicken Patty Broccoli-Cauliflower Medley Blackeye Peas Fruit Juice Dinner Roll Cookie & Milk</p>