



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

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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.**



National Tell a Joke Day

August 16th

Q: What is the tallest building in the
entire world?

A: The library, because it has so many
stories.



August 21st

Health Benefits of Tomatoes

The age-old question: Is a tomato a fruit or vegetable? According to research, botanically, it is classified as a fruit, but tomatoes are commonly referred to as vegetables because they are enjoyed in savory dishes.

Some of the health benefits include:

- A great source of vitamin C, potassium, folate, and vitamin K.
- An average-sized raw tomato provides a good source of fiber.
- Tomatoes have been linked to improved skin health, and a lower risk of heart disease and cancer due to their lycopene content.



If you are not sure
about the safety of
a food in your
refrigerator, don't
take the risk. When
in doubt, throw it
out!



catawba county
social services

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



UNITED WAY
Catawba County

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HDM MENU



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3 Chicken Pie Rice Okra & Tomatoes Dinner Roll Cranberry Juice Milk	4 Salisbury Steak w/Gravy Navy Beans Broccoli Dinner Roll Fresh Apple Slices Milk	5 Pinto Beans Collard Greens Stewed Potatoes Cornbread Yogurt w/blueberries Milk	6 Pepper Steak Mashed Potatoes Peas & Carrots Dinner Roll Pineapple Milk	7 Low Sodium Teriyaki Chicken Rice Broccoli & Cheese Dinner Roll Tropical Fruit Milk
10 Sloppy Joe Home Fries Coleslaw Bun Fresh Orange Milk	11 Chicken Fajita w/onions & peppers Spanish Rice Pinto Beans Sour Cream Fruit Cocktail Soft Tortilla Shells Milk	12 Biscuit & Gravy Scrambled Eggs Fresh Tomato Slices Baked Apples Milk	13 Hot Dog w/Chili Baked Beans Corn Bun Peaches Milk	14 Chicken Alfredo w/Noodles Green Beans Pickled Beets Wheat Roll Pears Milk
17 Lemon Pepper Chicken Rice Stewed Tomatoes Dinner Roll Fresh Orange Milk	18 Barbecue Boneless Pork Rib Lima Beans Mashed Potatoes Fruit Cocktail Dinner Roll Milk	19 Waffle Scrambled Eggs Sausage Links Home Fries Orange Juice Milk	20 Beef Tacos Black Beans Corn Apple Juice Soft Tortilla Shells Milk	21 Baked Ham Pinto Beans Turnip Greens Cornbread Assorted Cookie Milk
24 Chopped Steak w/Brown Gravy Green Beans Carrots Dinner Roll Cranberry Juice Milk	25 Fried Fish Filet Okra & Tomatoes Coleslaw Bun Peaches Milk	26 Turkey w/Gravy Cornbread Stuffing Sweet Potatoes Baked Apples Grape Juice Cranberry Sauce Milk	27 Baked Chicken w/Gravy Mashed Potatoes Green Peas Dinner Roll Assorted Cookie Milk	28 Lasagna Green Beans Garlic Bread Yogurt w/blueberries Milk
31 Cheeseburger Lettuce & Tomato Home Fries Pasta Salad Bun Milk			Menu substitutes may occasionally have to be made of equal nutritional value. Diabetic friendly options will be made in substitution of desserts	