



meals on wheels

OF CATAWBA COUNTY

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

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.



Food Safety Tip

Always refrigerate perishable food within 2 hours if you do not plan on eating it. Refrigeration slows bacteria growth that could be harmful. Do not leave your Meals on Wheels meal tray laying out. Place it in the refrigerator for safe eating later.



If you have a dog, it **MUST** be put up during delivery times. Thank you!

International Carrot Day

Carrots are celebrated internationally on April 4th. Carrots are found in many colors including yellow, white, red, purple, and orange. Carrots are a healthy food choice and have a number of health benefits that include helping with weight loss, lowering cholesterol levels, and improved eye health. The root vegetable is a good source of beta carotene, fiber, vitamin A, vitamin K, potassium, and antioxidants.



Healthy Tip

Drink plenty of fluids each day to prevent getting dehydrated. It's recommended to drink at least 6-8 glasses every day. Water, low fat milk, and drinks low in sugar are the healthier options. Try to avoid drinks high in sugar.



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 Barbecued Chicken Rice Stewed Tomatoes Dinner Roll Baked Apples Milk</p>	<p>2 Pancakes w/syrup Scrambled Eggs Sausage Links Tater Tots Orange Juice Milk</p>	<p>3 Barbecue Boneless Pork Rib Coleslaw Corn Bun Assorted Cookie Milk</p>	<p>4 Chopped Steak w/ Brown Gravy Steamed Rice Green Beans Dinner Roll Chilled Fruit Cup Milk</p>	<p>5 Baked Ham Pinto beans Turnip Greens Cornbread Assorted Cookie Milk</p>
<p>8 Pepper Steak Supreme Mashed Potatoes Peas & Carrots Wheat Roll Pineapple Tidbits Milk</p>	<p>9 Fried Fish Okra & Tomatoes Coleslaw Bun Peaches Milk</p>	<p>10 Roast Turkey w/Gravy Cornbread Stuffing Pickled Beets Baked Apples Grape Juice Milk</p>	<p>11 Baked Chicken Creamed Potatoes Green Peas Dinner Roll Assorted Cookie Grape Juice Milk</p>	<p>12 Lasagna Green Beans Garlic Bread Mixed Fruit Milk</p>
<p>15 Cheeseburger Lettuce & Tomato Tater Tots Bun Pudding Milk</p>	<p>16 Spaghetti & Meat Sauce Corn Garlic Bread Pineapple Tidbits Milk</p>	<p>17 Chicken & Dumplings Carrots Coleslaw Dinner Roll Peaches Milk</p>	<p>18 Meatloaf Macaroni & Cheese Lima Beans Dinner Roll Pineapple-Orange Juice Milk</p>	<p>19 Chicken Patty w/ Gravy Mashed Potatoes Broccoli & Cheese Casserole Wheat Roll Assorted Cookie Milk</p>
<p>22 Chicken Pie Steamed Rice Okra & Tomatoes Dinner Roll Oatmeal Cookie Milk</p>	<p>23 Salisbury Steak Navy Beans Broccoli Dinner Roll Fresh Apple Slices Milk</p>	<p>24 Pinto Beans Collard Greens Stewed Potatoes Cornbread Assorted Cookie Milk</p>	<p>25 Chopped Steak w/ Brown Gravy Green Beans Carrots Wheat Roll Cranberry-Apple Juice Milk</p>	<p>26 Sweet & Sour Chicken Macaroni & Cheese Broccoli Dinner Roll Baked Apples Milk</p>
<p>29 Sloppy Joe Tater Tots Coleslaw Bun Fruit Cup Milk</p>	<p>30 Baked Chicken w/Gravy Mashed Potatoes Crowder Peas Dinner Roll Fresh Orange Milk</p>	<p>Menu substitutes may occasionally have to be made of equal nutritional value.</p> <p>Diabetic friendly options will be made in substitution of desserts.</p>		