



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.



Our office will be closed on Friday, April 18th.

Food Safety: Properly Storing Leftovers

Cover leftovers by wrapping them in an airtight package or in a storage container. Properly storing food will help keep out the bacteria and retain moisture so the food doesn't dry out. Leftovers can be stored in the refrigerator for 3-4 days.



National Banana Day April 16th

Bananas are a budget-friendly, healthy fruit that is versatile and excellent for smoothies, in cereal, and as an on-the-go snack. Bananas are described as a fiber and potassium powerhouse superfood that helps improve digestion, the proper function of your body's organs, and helps keep your blood pressure in a healthy range. Lastly, bananas are a great source of vitamin C, vitamin B6, and manganese. Eating bananas in moderation will provide the nutrients and fuel your body needs for better health.



catawba county
social services

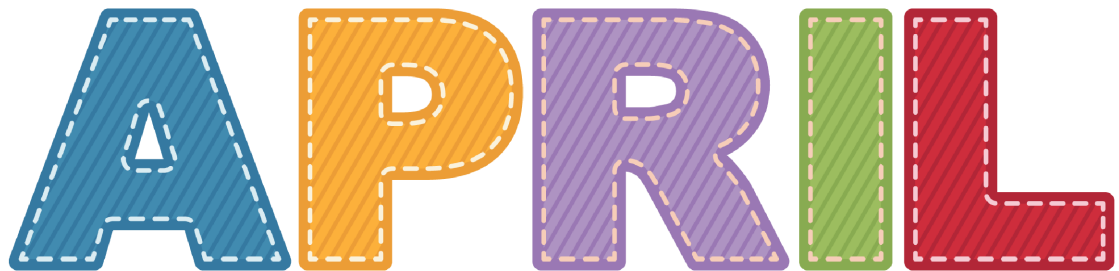
To strengthen, with dignity and respect, the quality of life for all citizens through supportive services and advocacy



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 Philly Cheese w/ Peppers & Onions Pasta Salad Corn Peaches Bun Milk</p> | <p>3 Pancakes w/syrup Scrambled Eggs Sausage Links Home Fries Orange Juice Milk</p> | <p>4 Baked Ham Pinto beans Turnip Greens Cornbread Assorted Cookie Milk</p> |
| <p>7 Chopped Steak w/ Brown Gravy Green Beans Carrots Wheat Roll Cranberry Juice Milk</p> | <p>8 Fried Fish Okra & Tomatoes Coleslaw Bun Peaches Milk</p> | <p>9 Roast Turkey w/Gravy Cornbread Stuffing Pickled Beets Baked Apples Grape Juice Milk</p> | <p>10 Baked Chicken w/ Gravy Mashed Potatoes Green Peas Dinner Roll Assorted Cookie Milk</p> | <p>11 Lasagna Green Beans Garlic Bread Fruit Cocktail Milk</p> |
| <p>14 Cheeseburger Lettuce & Tomato Home Fries Bun Pudding Milk</p> | <p>15 Spaghetti & Meat Sauce Green Beans Garlic Bread Pineapple Tidbits Milk</p> | <p>16 Chicken & Dumplings Carrots Coleslaw Dinner Roll Peaches Milk</p> | <p>17 Meatloaf Macaroni & Cheese Lima Beans Dinner Roll Pineapple-Orange Juice Milk</p> | <p>18 Baked Chicken w/ Gravy Mashed Potatoes Broccoli-Cheese Casserole Dinner Roll Assorted Cookie Milk Closed Good Friday</p> |
| <p>21 Chicken Pie Steamed Rice Okra & Tomatoes Dinner Roll Cranberry Juice Milk</p> | <p>22 Salisbury Steak w/Gravy Navy Beans Broccoli Dinner Roll Fresh Apple Slices Milk</p> | <p>23 Beef Tacos Black Beans Lettuce & Tomato Soft Tortilla Shells Fruit Cocktail Milk</p> | <p>24 Pinto Beans Collard Greens Stewed Potatoes Cornbread Assorted Cookie Milk</p> | <p>25 Buffalo Chicken w/ Pineapple Slices Rice Broccoli w/cheese Dinner Roll Milk</p> |
| <p>28 Sloppy Joe Home Fries Coleslaw Bun Fruit Cocktail Milk</p> | <p>29 Chicken Fajita w/onions & peppers Spanish Rice Pintos Sour Cream Mixed Fruit Soft Tortilla Milk</p> | <p>30 Biscuit & Gravy Scrambled Eggs Fresh Tomato Slices Baked Apples 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> | |