



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 10:00 am 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.



Delivery Reminder: For safety of our volunteers and clients, in cases of severe or inclement weather, we will cancel meal deliveries. For any updates regarding deliveries, please contact our office at 828-695-5610.

National Haiku Poetry Day April 17th

Annually in April individuals gather in celebration and appreciation of Haiku poems.

A haiku is a traditional form of Japanese poetry consisting of three unrhymed lines with a 5-7-5 syllable structure.

An old silent pond...
A frog jumps into the pond,
splash! Silence again.
—Matsuo Bashō

The soft morning air,
Brushes my cheek like velvet,
It's Spring's gentle kiss.
—Linette Jensen



Our office will be closed on Friday, April 3rd in observance of Good Friday.

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.



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



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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April

HELLO

<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>		<p>1 Barbecue Chicken Rice Stewed Tomatoes Dinner Roll Fruit Cocktail Milk</p>	<p>2 Philly Cheese w/ Peppers & Onions Pasta Salad Corn Peaches Bun Milk</p>	<p>3 Baked Ham Pinto Beans Turnip Greens Cornbread Assorted Cookie Milk</p>
<p>6 Chopped Steak w/ Brown Gravy Green Beans Carrots Wheat Roll Cranberry Juice Milk</p>	<p>7 Fried Fish Okra & Tomatoes Coleslaw Bun Peaches Milk</p>	<p>8 Roast Turkey w/Gravy Cornbread Stuffing Pickled Beets Baked Apples Grape Juice Milk</p>	<p>9 Baked Chicken w/ Gravy Mashed Potatoes Green Peas Dinner Roll Pudding Milk</p>	<p>10 Lasagna Green Beans Garlic Bread Fruit Cocktail Milk</p>
<p>13 Cheeseburger Lettuce & Tomato Home Fries Bun Pudding Milk</p>	<p>14 Spaghetti & Meat Sauce Corn Garlic Bread Pineapple Tidbits Milk</p>	<p>15 Chicken & Dumplings Carrots Coleslaw Dinner Roll Peaches Milk</p>	<p>16 Meatloaf Macaroni & Cheese Lima Beans Dinner Roll Pineapple-Orange Juice Milk</p>	<p>17 Baked Chicken w/ Gravy Mashed Potatoes Broccoli Cheese Casserole Dinner Roll Assorted Cookie Milk</p>
<p>20 Chicken Pie Rice Okra & Tomatoes Dinner Roll Cranberry Juice Milk</p>	<p>21 Salisbury Steak w/Gravy Navy Beans Broccoli Dinner Roll Fresh Apple Slices Milk</p>	<p>22 Beef Tacos Black Beans Lettuce & Tomato Soft Tortilla Shells Fruit Cocktail Milk</p>	<p>23 Pinto Beans Collard Greens Stewed Potatoes Cornbread Assorted Cookie Milk</p>	<p>24 Buffalo Chicken w/ Pineapple Slices Rice Broccoli w/Cheese Dinner Roll Milk</p>
<p>27 Sloppy Joe Home Fries Coleslaw Bun Fruit Cocktail Milk</p>	<p>28 Chicken Fajita w/onions & peppers Spanish Rice Pintos Sour Cream Mixed Fruit Soft Tortilla Shells Milk</p>	<p>29 Biscuit & Gravy Scrambled Eggs Fresh Tomato Slices Baked Apples Milk</p>	<p>30 Hot Dog w/Chili Corn Coleslaw Bun Peaches Milk</p>	