



**meals on wheels**

OF CATAWBA COUNTY

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

[www.mealsonwheelsofcatawbacounty.org](http://www.mealsonwheelsofcatawbacounty.org)

# The Meal Times

December 2024

Vol. 14 Issue 12

**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.**



## Holiday Delivery Schedule



12/20/24	Special <i>Friday</i> delivery of 5 frozen meals for clients who opt in. The meals are provided due to no meal deliveries the week of 12/25.
12/23/24-12/27/24	No meal deliveries
12/30/24	Resume regular delivery schedule



If we have inclement weather, you can call the office at 828-695-5610 to hear weather closings and delays for Meals on Wheels.

## Winter Safety Tips

### Staying Warm Indoors

- ◆ Dress warmly even if you are staying in the house. Set your thermostat to at least 68 to 70 degrees F.
- ◆ Check that your windows and doors are closed tightly.
- ◆ Place a rolled towel in front of doors or windows to prevent cold air from seeping in.
- ◆ Use blankets and throws to keep warm.
- ◆ Keep all heat sources and vents clear of clutter. Never leave portable heaters unattended.



**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



# December

<p>2 Chicken Pie Black-eyed Peas Peaches Dinner Roll Assorted Cookie Milk</p>	<p>3 Meatloaf Diced Potatoes Broccoli Wheat Roll Fresh Orange Pudding Milk</p>	<p>4 Chicken Parmesan Tossed Salad Fruit Cocktail Dinner Roll Assorted Cookie Milk</p>	<p>5 Hamburger Steak w/ Gravy Mashed Potatoes Broccoli Casserole Applesauce Dinner Roll Orange Juice Milk</p>	<p>6 Barbecue Boneless Pork Rib Lima Beans Mashed Potatoes Dinner Roll Fruit Cocktail Milk</p>
<p>9 Sliced Turkey w/Gravy Cornbread Stuffing Green Beans Dinner Roll Peach Cobbler Milk</p>	<p>10 Sloppy Joe Home Fries Coleslaw Bun Applesauce Milk</p>	<p>11 Hot Dog w/Chili Lima Beans Barbecue Slaw Apple Juice Bun Oatmeal Cookie Milk</p>	<p>12 Pancakes w/Syrup Scrambled Eggs Sausage Links Home Fries Orange Juice Milk</p>	<p>13 Baked Chicken Patty Broccoli &amp; Cauliflower Medley Black-eyed Peas Apple Juice Wheat Roll Assorted Cookie Milk</p>
<p>16 Lasagna Tossed Salad w/Green Peppers &amp; Tomatoes Garlic Bread Mixed Fruit Milk</p>	<p>17 ½ Pimento Cheese Sandwich on Wheat Bread Vegetable Beef Soup w/crackers Fresh Orange Pudding Milk</p>	<p>18 Sweet &amp; Sour Chicken Rice Broccoli Dinner Roll Pineapple Milk</p>	<p>19 Barbecue Boneless Pork Rib Squash &amp; Onions Green Peas Apple Juice Wheat Roll Assorted Cookie Milk</p>	<p>20 Hot Dog w/Chili Corn Baked Beans Pears Bun Assorted Cookie Milk</p>
<p>23 <b>CLOSED</b> Baked Ham w/ Pineapple Juice Broccoli-Rice Casserole Sweet Potatoes Dinner Roll Pineapple Slices Milk</p>	<p>24 <b>CLOSED</b> Cheeseburger w/Chili Baked Beans Home Fries Bun Peaches Milk</p>	<p>25 <b>CLOSED</b> Smoked Sausage w/ Cabbage Crowder Peas Dinner Roll Peaches Milk</p>	<p>26 <b>CLOSED</b> Baked Chicken w/ gravy Green Beans Corn Dinner Roll Cranberry Juice Assorted Cookie</p>	<p>27 <b>CLOSED</b> Chili Con Carne Rice Green Beans Cornbread Fruit Cocktail Milk</p>
<p>30 Barbecue Chicken Green Peas Glazed Carrots Fresh Apple Slices Dinner Roll Pudding Milk</p>	<p>31 Beef Tacos Black Beans Lettuce &amp; Tomato Fruit Cocktail Milk Soft Tortilla Shells</p>	<p><b>Menu substitutes may occasionally have to be made of equal nutritional value.</b></p> <p><b>Diabetic friendly options will be made in substitution of desserts.</b></p>		