



meals on wheels

OF CATAWBA COUNTY

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

www.mealsonwheelsofcatawbacounty.org

The Meal Times

December 2025

Vol. 15 Issue 12

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.



Holiday Delivery Schedule



12/19/25	Special <i>Friday</i> delivery of five frozen meals for clients who opt in.
12/22/25-12/26/25	No meal deliveries
12/29/25	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.

National Cocoa Day

Celebrate National Cocoa Day with a hot cup of cocoa on December 13th. Besides it being a sweet treat there are some surprising health benefits. Cocoa is rich in antioxidants that may help prevent cancer and help with digestion.

Hot cocoa can be enjoyed in a variety of combinations that can include marshmallows, whipped cream, coffee or even a dash of cinnamon.

Don't forget to grab your cup, sip, and celebrate!



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

NONDISCRIMINATION STATEMENT: In accordance with Federal law and U.S. Department of Agriculture (USDA) and U.S. Department of Health and Human Services (HHS) policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. Under the Food Stamp Act and USDA policy, discrimination is prohibited also on the basis of religion or political beliefs. To file a complaint of discrimination, contact USDA or HHS. Write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (800)795-3272 (voice) or (202)720-6382 (TTY). Write HHS, Director, Office for Civil Rights, Room 506-F, 200 Independence Ave SW Washington, DC 28201 or call (202)619-0403(voice) or (202)619-3257 (TTY). USDA and HHS are equal opportunity providers and employers.

HDM MENU



1 Chicken Parmesan Green Beans Fruit Cocktail Dinner Roll Assorted Cookie Milk	2 Sloppy Joe Home Fries Coleslaw Bun Applesauce Milk	3 Hot Dog w/chili Barbecue Slaw Lima Beans Apple Juice Bun Oatmeal Cookie Milk	4 Waffle w/syrup Scrambled Eggs Sausage Patty Home Fries Orange Juice Milk	5 Baked Chicken Broccoli & Cauliflower Medley Blackeye Peas Apple Juice Wheat Roll Assorted Cookie Milk
8 Lasagna Tossed Salad w/Green Peppers & Tomatoes Garlic Bread Mixed Fruit Milk	9 Chicken & Dumplings Buttered Carrots Dinner Roll Orange Juice Apple Cobbler Milk	10 Baked Ham w/ Pineapple Juice Broccoli-Rice Casserole Sweet Potatoes Pineapple Slice Dinner Roll Milk	11 Chicken Fajita Spanish Rice Pinto Beans Fruit Cocktail Salsa Milk	12 Hot Dog w/Chili Corn Baked Beans Pears Bun Assorted Cookie Milk
15 Baked Chicken w/Gravy Green Beans Corn Dinner Roll Cranberry Juice Assorted Cookie Milk	16 Cheeseburger w/Chili Baked Beans Lettuce & Tomato Bun Peaches Milk	17 Chicken Pie Collards Baked Apples Dinner Roll Assorted Cookie Milk	18 Baked Ham Broccoli w/Cheese Mashed Potatoes Orange Juice Cornbread Pudding Milk	19 Chili Con Carne Rice Green Beans Cornbread Fruit Cocktail Milk
22 Seasoned Chicken Green Peas Glazed Carrots Baked Apples Dinner Roll Assorted Cookie Milk	23 Beef Tacos Black Beans Corn Fruit Cocktail Milk Soft Tortilla Shells	24 Smoked Sausage w/Cabbage Crowder Peas Dinner Roll Peaches Milk	25 Biscuit & Gravy Scrambled Eggs Orange Juice Baked Apples Milk	26 Chicken Alfredo w/ Fettucine Noodles Green Beans Pickled Beets Dinner Roll Pears Milk
29 Buffalo Chicken Rice Broccoli w/Cheese Pineapple Slices Dinner Roll Milk	30 Fried Fish Filet w/Tartar Sauce Okra & Tomatoes Coleslaw Bun Fruit Cocktail Milk	31 ½ Pimento Cheese Sandwich on Wheat Bread Vegetable Beef Soup w/crackers Fresh Orange Pudding Milk	Menu substitutes may occasionally have to be made of equal nutritional value. Diabetic friendly options will be made in substitution of desserts.	