



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.



February is National Cherry Month

Cherries are delicious and nutritious. The fruit is low in calories and makes a healthy snack. They are packed with vitamins and minerals. Some of the nutrients include fiber, vitamin C, and potassium that may benefit heart health. Cherries are also packed with antioxidants and anti-inflammatory that may improve symptoms of arthritis and gout. Lastly, cherries may improve your sleep due to having a high concentration of melatonin that helps with sleep cycles.



If we have inclement weather, you can call the office at 828-695-5610 to hear whether meal deliveries have been cancelled..



The cold and flu season is here. Washing hands and surfaces is the most effective way to stop the spread of cold and flu viruses. Often bacteria can spread throughout the kitchen on counter tops and food. Be sure to wash hands in warm soapy water for at least 20 seconds before and after handling food and after using the bathroom or handling pets.



HAPPY
Valentine's
Day

Wednesday, February 14th



catawba county
social services

citizens through supportive services and advocacy

To strengthen, with dignity and respect, the quality of life for all



Supported by
Catawba County United Way

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FEBRUARY

Menu substitutes may occasionally have to be made of equal nutritional value.

Diabetic friendly options will be made in substitution of desserts.

			1 Barbecue Boneless Pork Rib Squash & Onions Green Peas Apple Juice Wheat Roll Assorted Cookie Milk	2 Hot Dog w/Chili Corn Baked Beans Pears Bun Assorted Cookie Milk
5 Baked Chicken w/gravy Green Beans Corn Dinner Roll Cranberry-Apple Juice Chocolate Fudge Round Milk	6 Cheeseburger w/Chili Baked Beans Coleslaw Bun Peaches Milk	7 Chicken Pie Collard Greens Fresh Apple Slices Dinner Roll Assorted Cookie Milk	8 Baked Ham Broccoli w/Cheese Sauce Mashed Potatoes Orange Juice Cornbread Assorted Cookie Milk	9 Chili Con Carne Rice Stewed Tomatoes Cornbread Fruit Cocktail Milk
12 Barbecue Chicken Green Peas Glazed Carrots Apple Juice Dinner Roll Pudding Milk	13 Hamburger Steak w/ Gravy Mashed Potatoes Broccoli Casserole Applesauce Dinner Roll Orange Juice Milk	14 Breaded Chicken Filet Baked Beans Lettuce & Tomato Slices Bun Fruited Gelatin Milk	15 Smoked Sausage w/Cabbage Crowder Peas Dinner Roll Peaches Milk	16 Chicken Alfredo w/ Noodles Green Beans Pickled Beets Wheat Roll Pears Milk
19 Hot Dog w/Sauerkraut Pintos Hot Sliced Apples Bun Fruited Gelatin Milk	20 Fried Fish Filet w/Tartar Sauce Okra & Tomatoes Coleslaw Bun Mixed Fruit Milk	21 ½ Pimento Cheese Sandwich on Wheat Bread Vegetable Beef Soup w/Crackers Fresh Orange Pudding Milk	22 Spaghetti w/Meat Sauce Green Beans Corn Garlic Bread Pears Milk	23 Pinto Beans Turnip Greens Macaroni & Cheese Cornbread Orange Juice Milk
26 Pancakes w/Syrup Scrambled Eggs Sausage Links Tater Tots Orange Juice Milk	27 Meatloaf Diced Potatoes Broccoli Wheat Roll Orange Juice Pudding Milk	28 Chicken Patty w/Gravy Okra & Tomatoes Corn Cornbread Fruited Gelatin Milk	29 Smoked Sausage Rice Peas & Carrots Pears Dinner Roll Assorted Cookie Milk	