



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.



♥ **HAPPY**
Valentine's
DAY ♥

Saturday, February 14th

Safety Tip: Medication

- Keep a current list of your medicines, vitamins, and other supplements.
- Take medicines as directed on the label or as instructed by your doctor or pharmacist.
- Set timers and reminders to help you remember to take your medicines.
- Store your medicines properly and check the expiration date.



Food Safety Tips

4 STEPS TO FOOD SAFETY



- **Clean**— wash hands, utensils and surfaces often.
- **Separate**— raw meat, poultry, seafood and eggs can spread germs to ready-to-eat foods, so keep them separate.
- **Cook**— cook to the right temperature. Ensure that foods are cooked safely.
- **Chill**— refrigerate promptly. Bacteria that cause food poisoning multiply quickest between 40 degrees F and 140 degrees F.

Groundhog Day

Groundhog Day is a tradition celebrated every **February 2nd** in which a groundhog emerges from its den to predict the end of winter.

If the groundhog sees it's shadow, there will be six more weeks of winter. If he doesn't see his shadow, spring will arrive early.



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



FEBRUARY

2 Seasoned Chicken Green Peas Glazed Carrots Apple Juice Dinner Roll Pudding Milk	3 Beef Tacos Black Beans Lettuce & Tomato Soft Tortilla Shells Fruit Cocktail Milk	4 Smoked Sausage w/ Cabbage Crowder Peas Dinner Roll Peaches Milk	5 Biscuit & Gravy Scrambled Eggs Orange Juice Baked Apples Milk	6 Chicken Alfredo w/ Noodles Green Beans Pickled Beets Wheat Roll Pears Milk
9 Cheeseburger w/Chili Baked Beans Lettuce & Tomato Peaches Bun Milk	10 Fried Fish Filet w/Tartar Sauce Okra & Tomatoes Coleslaw Bun Fruit Cocktail Milk	11 ½ Pimento Cheese Sandwich on Wheat Bread Vegetable Beef Soup w/Crackers Fresh Orange Pudding Milk	12 Spaghetti w/Meat Sauce Green Beans Corn Garlic Bread Pears Milk	13 Pinto Beans Turnip Greens Macaroni & Cheese Cornbread Orange Juice Milk
16 Chicken Pie Blackeye Peas Peaches Dinner Roll Assorted Cookie Milk	17 Meatloaf Diced Potatoes Broccoli Wheat Roll Orange Juice Pudding Milk	18 Chicken Parmesan Tossed Salad Fruit Cocktail Dinner Roll Assorted Cookie Milk	19 Hamburger Steak w/ Gravy Mashed Potatoes Broccoli Casserole Applesauce Dinner Roll Orange Juice Milk	20 Barbecue Boneless Pork Rib Lima Beans Mashed Potatoes Fruit Cocktail Dinner Roll Milk
23 Sliced Turkey w/Gravy Cornbread Stuffing Green Beans Peach Cobbler Dinner Roll Milk	24 Sloppy Joe Home Fries Coleslaw Bun Applesauce Milk	25 Hot Dog w/Chili Lima Beans Barbecue Slaw Fresh Apple Slices Bun Assorted Cookie Milk	26 Pancakes w/syrup Scrambled Eggs Sausage Links Home Fries Orange Juice Milk	27 Baked Chicken Broccoli & Cauliflower Medley Blackeye Peas Apple Juice Wheat Roll Assorted Cookie Milk
			<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>	