



**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

January 2026

Vol. 16 Issue 1

**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 Closures

1/1/26	Closed for New Year's Day
1/19/26	Closed in observance of the Martin Luther King Jr. holiday



## Cooking Safely in the Microwave

- Arrange food items evenly in a microwave safe covered dish and add some liquid if needed.
- Cover the dish with a lid or plastic wrap.
- Loosen or vent the lid or plastic wrap to let steam escape. The moist heat that is created will help destroy harmful bacteria and ensure uniform cooking.
- Stir or rotate food midway through the microwaving time to eliminate cold spots where harmful bacteria can survive, and for more even cooking.



We are excited to announce a new outposted site partnership!

Beginning January 12, 2026, St. Luke's United Methodist Church will be partnering with us to serve meals to seniors in the Hickory community.

## Inclement Weather Information

As we approach the colder months, we would like to remind everyone of our policies regarding inclement weather. If road conditions become unsafe for travel, Meals on Wheels routes will not be delivered.

Please call our main office for updated information concerning delays and cancellations at 828-695-5610. You can also find updates on our Meals On Wheels of Catawba County Facebook page.



**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



# January

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

**Diabetic friendly options will be made in substitution of desserts.**



1



2

**NO DELIVERIES  
DUE TO THE  
HOLIDAY**

**5**  
Chicken Pie  
Blackeye Peas  
Peaches  
Dinner Roll  
Assorted Cookie  
Milk

**6**  
Meatloaf  
Diced Potatoes  
Broccoli  
Wheat Roll  
Orange Juice  
Pudding  
Milk

**7**  
Chicken Parmesan  
Tossed Salad  
Fruit Cocktail  
Dinner Roll  
Assorted Cookie  
Milk

**8**  
Hamburger Steak w/  
Gravy  
Mashed Potatoes  
Broccoli Casserole  
Applesauce  
Dinner Roll  
Orange Juice  
Milk

**9**  
Barbecue Boneless  
Pork Rib  
Lima Beans  
Mashed Potatoes  
Fruit Cocktail  
Dinner Roll  
Milk

**12**  
Sliced Turkey w/Gravy  
Cornbread Stuffing  
Green Beans  
Peach Cobbler  
Dinner Roll  
Milk

**13**  
Sloppy Joe  
Home Fries  
Coleslaw  
Bun  
Applesauce  
Milk

**14**  
Salisbury Steak w/  
Gravy  
Navy Beans  
Broccoli  
Dinner Roll  
Fresh Apple Slices  
Milk

**15**  
Pancakes w/syrup  
Scrambled Eggs  
Sausage Links  
Home Fries  
Orange Juice  
Milk

**16**  
Baked Chicken  
Patty  
Broccoli &  
Cauliflower Medley  
Blackeye Peas  
Apple Juice  
Wheat Roll  
Assorted Cookie  
Milk

19



**20**  
Chicken & Dumplings  
Buttered Carrots  
Dinner Roll  
Orange Juice  
Apple Cobbler  
Milk

**21**  
Baked Ham w/  
Pineapple Juice  
Broccoli-Rice  
Casserole  
Sweet Potatoes  
Pineapple Slices  
Dinner Roll  
Milk

**22**  
Chicken Fajita  
Spanish Rice  
Pinto Beans  
Fruit Cocktail  
Salsa  
Milk

**23**  
Hot Dog w/Chili  
Corn  
Baked Beans  
Pears  
Bun  
Assorted Cookie  
Milk

**26**  
Baked Chicken w/Gravy  
Green Beans  
Corn  
Dinner Roll  
Cranberry Juice  
Assorted Cookie  
Milk

**27**  
Cheeseburger w/Chili  
Baked Beans  
Lettuce & Tomato  
Peaches  
Bun  
Milk

**28**  
Spaghetti w/Meat  
Sauce  
Green Beans  
Tossed Salad w/Ranch  
Dressing  
Garlic Bread  
Pears  
Milk

**29**  
Baked Ham  
Mashed Potatoes  
Broccoli w/Cheese  
Orange Juice  
Cornbread  
Assorted Cookie  
Milk

**30**  
Chili Con Carne  
Rice  
Green Beans  
Cornbread  
Fruit Cocktail  
Milk