



meals on wheels

OF CATAWBA COUNTY

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

www.mealsonwheelsofcatawbacounty.org

The Meal Times

July 2026
Vol. 16 Issue 7

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.



A Friendly Reminder

For food safety and your safety, we are unable to leave meals if no one is home to receive them.

If you will not be home during the time of delivery for your area, please call the main office at 828-695-5610 and let us know. We will notify our staff and volunteers so they do not have to make an unnecessary stop. If you are not home when volunteers deliver and they leave a "Sorry We Missed You" door hanger, please give us a call, so we know that you are alright.

We just want to make sure all of our clients are safe!



Freedom 250

Happy 4th of July!

Our office will be closed on Friday, July 3rd in observance of Independence Day.

Washing Fruits and Vegetables

It is best practice to wash your fruits and vegetables under cold running water before eating to help reduce debris, dirt, bacteria or trace amounts of chemicals residues.



If you have a dog, it **MUST** be put up during delivery times. Thank you!



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



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

Diabetic friendly options will be made in substitution of desserts

1
Pinto Beans
Collard Greens
Stewed Potatoes
Cornbread
Yogurt w/blueberries
Milk

2
Pepper Steak
Mashed Potatoes
Peas & Carrots
Dinner Roll
Pineapple
Milk

3
Low Sodium Teriyaki
Chicken
Rice
Broccoli & Cheese
Tropical Fruit
Dinner Roll
Milk

6
Sloppy Joe
Home Fries
Coleslaw
Bun
Fresh Orange
Milk

7
Chicken Fajita w/
onions & peppers
Spanish Rice
Pinto Beans
Sour Cream
Fruit Cocktail
Soft Tortilla Shells
Milk

8
Biscuit & Gravy
Scrambled Eggs
Fresh Tomato Slices
Baked Apples
Milk

9
Hot Dog w/chili
Baked Beans
Corn
Bun
Peaches
Milk

10
Chicken Alfredo
w/Noodles
Green Beans
Pickled Beets
Wheat Roll
Pears
Milk

13
Lemon Pepper Chicken
Rice
Stewed Tomatoes
Dinner Roll
Fresh Orange
Milk

14
Barbecue Boneless
Pork Rib
Lima Beans
Mashed Potatoes
Fruit Cocktail
Dinner Roll
Milk

15
Waffle
Scrambled Eggs
Sausage Links
Home Fries
Orange Juice
Milk

16
Beef Tacos
Black Beans
Corn
Apple Juice
Soft Tortilla Shells
Milk

17
Baked Ham
Pinto Beans
Turnip Greens
Cornbread
Assorted Cookie
Milk

20
Chopped Steak w/
Brown Gray
Green Beans
Carrots
Dinner Roll
Cranberry Juice
Milk

21
Fried Fish Filet
Okra & Tomatoes
Coleslaw
Bun
Peaches
Milk

22
Turkey w/Gravy
Cornbread Stuffing
Sweet Potatoes
Baked Apples
Grape Juice
Cranberry Sauce
Milk

23
Baked Chicken w/
Gravy
Mashed Potatoes
Green Peas
Dinner Roll
Assorted Cookie
Milk

24
Lasagna
Green Beans
Garlic Bread
Yogurt w/Blueberries
Milk

27
Cheeseburger
Lettuce & Tomato
Home Fries
Pasta Salad
Bun
Milk

28
Spaghetti & Meat
Sauce
Corn
Garlic Bread
Pineapple w/Cottage
Cheese
Milk

29
Chicken & Dumplings
Carrots
Coleslaw
Dinner Roll
Peaches
Milk

30
Meatloaf
Macaroni & Cheese
Lima Beans
Dinner Roll
Orange Juice
Milk

31
Baked Chicken w/
Gravy
Mashed Potatoes
Green Beans
Dinner Roll
Assorted Cookie
Milk