



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.



Protein Needs for Older Adults

As we age, nutrition takes on a more important role in our lives. Healthy eating habits include drinking water, increasing our fruits and vegetables, limiting our sugar intake and staying physically active helps our overall well-being.

As we get older, our bodies will naturally begin to lose muscle mass which can affect our mobility, balance and strength.

One beneficial way to stay strong, support bone health and prevent falls or injuries is to add the recommended amount of protein to our diet.

Some of the best ways to include protein:

- Choose high protein snacks like Greek yogurt, cottage cheese, apple slices with peanut butter, hard-boiled eggs, and canned tuna
- Drink a protein shake such as Ensure Complete, Boost High Protein or enjoy a cold glass of milk
- Adding at least a 1/2 cup of beans or lentils or 3 oz of poultry or fish

Small consistent changes to our daily diet can have meaningful impacts to our health and overall well-being.

Stay healthy and happy eating!



Sunday, June 21st



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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



JUNE

<p>1 Sloppy Joe Home Fries Coleslaw Bun Fresh Orange Milk</p>	<p>2 Chicken Fajita w/onions & peppers Spanish Rice Pinto Beans Sour Cream Fruit Cocktail Soft Tortilla Shells Milk</p>	<p>3 Biscuit & Gravy Scrambled Eggs Fresh Tomato Slices Baked Apples Milk</p>	<p>4 Hot Dog w/chili Baked Beans Corn Bun Peaches Milk</p>	<p>5 Chicken Alfredo w/ Noodles Green Beans Pickled Beets Wheat Roll Pears Milk</p>
<p>8 Lemon Pepper Chicken Rice Stewed Tomatoes Dinner Roll Fresh Orange Milk</p>	<p>9 Barbecue Boneless Pork Rib Lima Beans Mashed Potatoes Fruit Cocktail Dinner Roll Milk</p>	<p>10 Waffle Scrambled Eggs Sausage Links Home Fries Apple Juice Milk</p>	<p>11 Beef Tacos Black Beans Corn Apple Juice Soft Tortilla Shells Milk</p>	<p>12 Baked Ham Pinto Beans Turnip Greens Cornbread Assorted Cookie Milk</p>
<p>15 Chopped Steak w/ Brown Gravy Green Beans Carrots Dinner Roll Cranberry Juice Milk</p>	<p>16 Fried Fish Filet Okra & Tomatoes Coleslaw Bun Peaches Milk</p>	<p>17 Turkey w/Gravy Cornbread Stuffing Sweet Potatoes Baked Apples Grape Juice Cranberry Sauce Milk</p>	<p>18 Baked Chicken w/ Gravy Mashed Potatoes Green Peas Dinner Roll Assorted Cookie Milk</p>	<p>19 Lasagna Green Beans Garlic Bread Yogurt with Blueberries Milk</p>
<p>22 Cheeseburger Lettuce & Tomatoes Home Fries Bun Pasta Salad Milk</p>	<p>23 Spaghetti & Meat Sauce Corn Garlic Bread Pineapple w/ Cottage Cheese Milk</p>	<p>24 Chicken & Dumplings Carrots Coleslaw Dinner Roll Peaches Milk</p>	<p>25 Meatloaf Macaroni & Cheese Lima Beans Dinner Roll Orange Juice Milk</p>	<p>26 Baked Chicken w/ Gravy Mashed Potatoes Green Beans Dinner Roll Assorted Cookie Milk</p>
<p>29 Chicken Pie Rice Okra & Tomatoes Dinner Roll Cranberry Juice Milk</p>	<p>30 Salisbury Steak w/Gravy Navy Beans Broccoli Dinner Roll Fresh Apple Slices Milk</p>	<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>		