



**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

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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.**



**SPRING FORWARD**  
Change your clocks

Don't forget to move your clocks up one hour on Sunday, March 8th.



First day of Spring  
Friday, March 20th

## 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!



Tuesday, March 17th



**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



<p>2 Lasagna Tossed Salad w/Green Peppers &amp; Tomatoes Mixed Fruit Garlic Bread Milk</p>	<p>3 Chicken &amp; Dumplings Buttered Carrots Dinner Roll Orange Juice Apple Cobbler Milk</p>	<p>4 Baked Ham w/ Pineapple Juice Broccoli-Rice Casserole Sweet Potatoes Pineapple Slices Dinner Roll Milk</p>	<p>5 Chicken Fajita w/ onions &amp; peppers Spanish Rice Pinto Beans Salsa Fruit Cocktail Soft Tortilla Shells Milk</p>	<p>6 Hot Dog w/Chili Corn Baked Beans Pears Bun Assorted Cookie Milk</p>
<p>9 Baked Chicken w/Gravy Green Beans Corn Cranberry Juice Dinner Roll Assorted Cookie Milk</p>	<p>10 Cheeseburger w/Chili Baked Beans Lettuce &amp; Tomato Bun Peaches Milk</p>	<p>11 Chicken Pie Collard Greens Baked Apples Dinner Roll Assorted Cookie Milk</p>	<p>12 Baked Ham Broccoli w/Cheese Sauce Mashed Potatoes Orange Juice Cornbread Assorted Cookie Milk</p>	<p>13 Chili Con Carne Rice Green Beans Cornbread Fruit Cocktail Milk</p>
<p>16 Seasoned Chicken Green Peas Glazed Carrots Apple Juice Dinner Roll Pudding Milk</p>	<p>17 Beef Tacos Black Beans Lettuce &amp; Tomato Soft Tortilla Shells Fruit Cocktail Milk</p>	<p>18 Smoked Sausage w/ Cabbage Crowder Peas Dinner Roll Peaches Milk</p>	<p>19 Biscuit &amp; Gravy Scrambled Eggs Orange Juice Baked Apples Milk</p>	<p>20 Chicken Alfredo w/ Noodles Green Beans Pickled Beets Wheat Roll Pears Milk</p>
<p>23 Buffalo Chicken Rice Broccoli w/Cheese Pineapple Slices Dinner Roll Milk</p>	<p>24 Fried Fish Filet w/Tartar Sauce Okra &amp; Tomatoes Coleslaw Bun Fruit Cocktail Milk</p>	<p>25 ½ Pimento Cheese Sandwich on Wheat Bread Vegetable Beef Soup w/Crackers Fresh Orange Pudding Milk</p>	<p>26 Spaghetti w/Meat Sauce Green Beans Corn Garlic Bread Pears Milk</p>	<p>27 Pinto Beans Turnip Greens Macaroni &amp; Cheese Cornbread Orange Juice Milk</p>
<p>30 Chicken Pie Blackeye Peas Peaches Dinner Roll Assorted Cookie Milk</p>	<p>31 Meatloaf Diced Potatoes Broccoli Wheat Roll Orange Juice Pudding Milk</p>	<p><b>Menu substitutes may occasionally have to be made of equal nutritional value.</b></p> <p><b>Diabetic friendly options will be made in substitution of desserts.</b></p>		