



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.



I have accepted a part-time position with the Area Agency on Aging so I will no longer be the Senior Nutrition Services Program Manager. It has been an honor to serve you since 2020. The experience serving older adults in Catawba County alongside such dedicated staff and volunteers has been incredibly rewarding. I am a big fan of the program and look forward to serving as a Meals on Wheels volunteer.

--- Michele Francois



HAPPY
Mother's Day

Sunday, May 11th



MEMORIAL DAY

REMEMBER AND HONOR

Our office will be closed on Monday, May 26th.

National Strawberry Month

May is a great month to enjoy fresh strawberries. Strawberries are a healthy sweet snack with many health benefits. They are low in calories and sugar and yet high in fiber and other nutrients. Strawberries are considered low on the glycemic index, so this a great choice for those managing their blood sugar levels. Did you know that eating about eight strawberries provides more vitamin C than an orange? Strawberries may help boost your memory, lower the risk of heart disease and provide better gut health. Strawberries are versatile fruit that can be used in salads, yogurt, or desserts.



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

Diabetic friendly options will be made in substitution of desserts.

1
Hot Dog w/Chili
Corn
Baked Beans
Bun
Peaches
Milk

2
Chicken Alfredo w/
noodles
Green Beans
Pickled Beets
Dinner Roll
Pears
Milk

5
Barbecue Chicken
Rice
Stewed Tomatoes
Dinner Roll
Baked Apples
Milk

6
Philly Cheese w/Peppers
& Onions
Pasta Salad
Corn
Bun
Peaches
Milk

7
Pancakes w/syrup
Scrambled Eggs
Sausage Links
Home Fries
Fresh Orange
Milk

8
Beef Tacos
Black Beans
Corn
Soft Tortilla Shells
Fruit Cocktail
Milk

9
Baked Ham
Pinto Beans
Turnip Greens
Cornbread
Assorted Cookie
Milk

12
Chopped Steak w/
Gravy
Green Beans
Buttered Carrots
Dinner Roll
Cranberry Juice
Milk

13
Fried Fish Filet
Okra & Tomatoes
Coleslaw
Bun
Peaches
Milk

14
Roast Turkey w/Gravy
Cornbread Stuffing
Pickled Beets
Baked Apples
Grape Juice
Milk

15
Baked Chicken w/
Gravy
Mashed Potatoes
Green Peas
Dinner Roll
Assorted Cookie
Milk

16
Lasagna
Green Beans
Garlic Bread
Fruit Cocktail
Milk

19
Cheeseburger
Lettuce & Tomato
Home Fries
Bun
Pudding
Milk

20
Spaghetti & Meat Sauce
Green Beans
Garlic Bread
Pineapple Tidbits
Milk

21
Chicken & Dumplings
Buttered Carrots
Coleslaw
Dinner Roll
Peaches
Milk

22
Meatloaf
Macaroni & Cheese
Lima Beans
Dinner Roll
Pineapple-Orange
Juice
Milk

23
Baked Chicken w/
Gravy
Mashed Potatoes
Broccoli Cheese
Casserole
Dinner Roll
Assorted Cookie
Milk



27
Salisbury Steak w/Gravy
Navy Beans
Broccoli
Dinner Roll
Fresh Sliced Apples
Milk

28
Pinto Beans
Collard Greens
Stewed Potatoes
Cornbread
Assorted Cookie
Milk

29
Buffalo Chicken w/
Pineapple Slices
Rice
Broccoli w/Cheese
Dinner Roll
Milk

30
Pepper Steak
Mashed Potatoes
Peas & Carrots
Dinner Roll
Pineapple
Milk