



**meals on wheels**

OF CATAWBA COUNTY

Senior Nutrition Services  
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[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.**



HAPPY  
*Mother's Day*

Sunday, May 10th

## Health Benefits of Peas

Peas are a part of the legume family and come in many varieties including green peas, snow peas and snap peas. Adding peas to your diet can offer important health benefits.

Some of the benefits include:

- Eye health– Peas contain nutrients that help protect your eyes from chronic diseases such as cataracts and macular degeneration.
- Digestive health– They are high in fiber and contain nutrients that may help protect against stomach cancer.
- Anti-inflammatory properties: The nutrients in peas have been linked to reduced risk of inflammatory conditions such as diabetes, heart disease and arthritis.

Although peas are nutritious, they are high carbohydrates. A healthy portion to gain the benefits is about 1/2 cup per serving.



Our office will be closed on Monday, May 25th in observance of Memorial Day.



CLEAN



SEPARATE



COOK



CHILL

If you are not sure about the safety of a food in your refrigerator, don't take the risk. When in doubt, throw it out!



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

4  
Lemon Pepper Chicken  
Rice  
Stewed Tomatoes  
Dinner Roll  
Fresh Orange  
Milk

5  
Barbecue Boneless Pork  
Rib  
Lima Beans  
Mashed Potatoes  
Fruit Cocktail  
Dinner Roll  
Milk

6  
Waffle  
Scrambled Eggs  
Sausage Links  
Home Fries  
Apple Juice  
Milk

7  
Beef Tacos  
Black Beans  
Corn  
Apple Juice  
Soft Tortilla Shells  
Milk

8  
Baked Ham  
Pinto Beans  
Turnip Greens  
Cornbread  
Assorted Cookie  
Milk

11  
Chopped Steak w/  
Brown Gravy  
Green Beans  
Carrots  
Dinner Roll  
Cranberry Juice  
Milk

12  
Fried Fish Filet  
Okra & Tomatoes  
Coleslaw  
Bun  
Peaches  
Milk

13  
Turkey w/Gravy  
Cornbread Stuffing  
Sweet Potatoes  
Baked Apples  
Grape Juice  
Cranberry Sauce  
Milk

14  
Baked Chicken w/  
Gravy  
Mashed Potatoes  
Green Peas  
Dinner Roll  
Assorted Cookie  
Milk

15  
Lasagna  
Green Beans  
Garlic Bread  
Yogurt with  
blueberries  
Milk

18  
Cheeseburger  
Lettuce & Tomatoes  
Home Fries  
Bun  
Pasta Salad  
Milk

19  
Spaghetti & Meat Sauce  
Corn  
Garlic Bread  
Pineapple w/ Cottage  
Cheese  
Milk

20  
Chicken & Dumplings  
Carrots  
Coleslaw  
Dinner Roll  
Peaches  
Milk

21  
Meatloaf  
Macaroni & Cheese  
Lima Beans  
Dinner Roll  
Orange Juice  
Milk

22  
Baked Chicken w/  
gravy  
Mashed Potatoes  
Green Beans  
Dinner Roll  
Assorted Cookie  
Milk

25



26  
Salisbury Steak w/gravy  
Navy Beans  
Broccoli  
Dinner Roll  
Fresh Apple Slices  
Milk

27  
Pinto Beans  
Collards  
Stewed Potatoes  
Cornbread  
Yogurt w/blueberries  
Milk

28  
Pepper Steak  
Mashed Potatoes  
Peas & Carrots  
Dinner Roll  
Pineapple  
Milk

29  
Low Sodium  
Teriyaki Chicken  
Tropical Fruit  
Rice  
Broccoli & Cheese  
Dinner Roll  
Milk