



meals on wheels

OF CATAWBA COUNTY

Senior Nutrition Services
PO Box 207, Newton, NC 28658
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www.mealsonwheelsofcatawbacounty.org

The Meal Times

September 2024
Vol. 13 Issue 9

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.



Our office will be closed on Monday, September 2nd.



Happy Fall!

First day of Fall is Sunday, September 22nd.

International Eat An Apple Day
September 21st

This year on September 21st you're encouraged to eat an apple. There are over 7,500 different varieties of apples worldwide. Here in the United States there are 2,500 varieties to choose from. Some of the popular apples include Gala, Honeycrisp, Red Delicious, and Pink Lady. Apples are a great source of nutrients including fiber, vitamin C, and antioxidants that support healthy digestion, brain health, and weight management.



Preventing Foodborne Illness: Handwashing

1. Wash your hands with warm, soapy water for 20 seconds:
 - ◆ before and after handling food
 - ◆ after handling uncooked eggs, raw meat, poultry or fish and their juices
2. Clean all surfaces with warm soapy water that come in contact with raw meat, poultry, fish and eggs before moving to the next step in food preparations.



HAPPY GRANDPARENTS DAY

Sunday, September 8th



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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September

<p>2</p> 	<p>3</p> <p>Spaghetti & Meat Sauce Corn Pineapple Garlic Bread Pudding Milk</p>	<p>4</p> <p>Chicken & Dumplings Buttered Carrots Coleslaw Dinner Roll Peaches Milk</p>	<p>5</p> <p>Meatloaf Macaroni & Cheese Lima Beans Dinner Roll Pineapple-Orange Juice Milk</p>	<p>6</p> <p>Chicken Patty w/ Gravy Mashed Potatoes Broccoli-Cheese Casserole Dinner Roll Assorted Cookie Milk</p>
<p>9</p> <p>Chicken Pie Rice Okra & Tomatoes Wheat Roll Cranberry Juice Milk</p>	<p>10</p> <p>Salisbury Steak w/Gravy Navy Beans Broccoli Dinner Roll Fresh Apple Slices Milk</p>	<p>11</p> <p>Beef Tacos Black Beans Lettuce & Tomato Fruit Cocktail Soft Tortilla Shell Milk</p>	<p>12</p> <p>Pepper Steak Mashed Potatoes Peas & Carrots Pineapple Dinner Roll Assorted Cookie Milk</p>	<p>13</p> <p>Waffle w/syrup Scrambled Eggs Sausage Links Home Fries Apple Juice Milk</p>
<p>16</p> <p>Sloppy Joe Home Fries Coleslaw Fruit Cocktail Bun Milk</p>	<p>17</p> <p>Baked Chicken w/Gravy Mashed Potatoes Crowder Peas Dinner Roll Fresh Orange Milk</p>	<p>18</p> <p>Pinto Beans w/Ham Macaroni & Cheese Cabbage Cornbread Orange Juice Milk</p>	<p>19</p> <p>Hot Dog w/Chili Corn Baked Beans Bun Peaches Milk</p>	<p>20</p> <p>Chicken Alfredo w/ Fettucine Noodles Green Beans Pickled Beets Dinner Roll Pears Milk</p>
<p>23</p> <p>Barbecue Chicken Rice Stewed Tomatoes Dinner Roll Fruit Cocktail Milk</p>	<p>24</p> <p>Swiss Steak Mashed Potatoes Green Beans Dinner Roll Pudding Milk</p>	<p>25</p> <p>Barbecue Pork Rib Corn Coleslaw Cranberry Juice Bun Assorted Cookie Milk</p>	<p>26</p> <p>Sweet & Sour Chicken Rice Broccoli Dinner Roll Pineapple Milk</p>	<p>27</p> <p>Baked Ham Pinto Beans Turnip Greens Cornbread Baked Apples Milk</p>
<p>30</p> <p>Chopped Steak w/ Gravy Green Peas Buttered Carrots Wheat Roll Cranberry Juice 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>	