

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.



Food Safety: Properly Storing Leftovers

Cover leftovers by wrapping them in an airtight package or in a storage container. Properly storing food will help keep out the bacteria and retain moisture so the food doesn't dry out. Leftovers can be stored in the refrigerator for 3-4 days.



If you have a dog, it **MUST** be put up during delivery times.
Thank you!



National Fire Prevention Week is October 4-October 10, 2026. This year's theme is "Charge into Fire Safety: Safe Charging is a Superpower."

Many devices in our homes- phones, tablets, laptops and tools to name a few- run on rechargeable lithium-ion batteries, which store high amounts of energy in small spaces. Properly charging devices can reduce the risk of fires and hazards.

Bandy's Fire Department 828-241-2111
Claremont Fire Department 828.459.9296
Conover Fire Department 828.464.1295
Hickory Fire Department 828.323.7420
Long View Fire Department 828.322.1311
Newton Fire Department 828.695.4314
Oxford Fire Department 828.459.9678
Sherrills Ford Fire Department 828.478.2131
St. Stephens Fire Department 828.256.2375
En Español 828.261.2225
Catawba Fire Marshal 828.465.8230

HDM MENU



meals on wheels
OF CATAWBA COUNTY

October

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

Diabetic friendly options will be made in substitution of desserts

1
Baked Ham
Broccoli w/Cheese Sauce
Mashed Potatoes
Orange Juice
Cornbread
Assorted Cookie
Milk

2
Chili Con Carne
Rice
Green Beans
Cornbread
Fruit Cocktail
Milk

5
Lemon Pepper Chicken
Rice
Stewed Tomatoes
Dinner Roll
Fresh Orange
Milk

6
Beef Tacos
Black Beans
Lettuce & Tomato
Fruit Cocktail
Milk
Soft Tortilla Shells

7
Smoked Sausage w/Cabbage
Crowder Peas
Dinner Roll
Peaches
Milk

8
Biscuit & Gravy
Scrambled Eggs
Orange Juice
Baked Apples
Milk

9
Chicken Alfredo w/Noodles
Green Beans
Pickled Beets
Wheat Roll
Pears
Milk

12
Low Sodium Teriyaki Chicken
Rice
Broccoli & Cheese
Dinner Roll
Tropical Fruit
Milk

13
Fried Fish Filet w/Tartar Sauce
Okra & Tomatoes
Coleslaw
Bun
Fruit Cocktail
Milk

14
½ Pimento Cheese Sandwich on Wheat Bread
Vegetable Beef Soup w/crackers
Fresh Orange
Pudding
Milk

15
Spaghetti w/Meat Sauce
Green Beans
Corn
Garlic Bread
Pears
Milk

16
Pinto Beans
Turnip Greens
Macaroni & Cheese
Cornbread
Orange Juice
Milk

19
Chicken Pie
Blackeye Peas
Peaches
Dinner Roll
Assorted Cookie
Milk

20
Meatloaf
Diced Potatoes
Broccoli
Wheat Roll
Orange Juice
Pudding
Milk

21
Chicken Parmesan
Tossed Salad
Fruit Cocktail
Dinner Roll
Assorted Cookie
Milk

22
Hamburger Steak w/Gravy
Mashed Potatoes
Broccoli Casserole
Applesauce
Dinner Roll
Milk

23
Barbecue
Boneless Pork Rib
Lima Beans
Mashed Potatoes
Dinner Roll
Fruit Cocktail
Milk

26
Sliced Turkey w/Gravy
Cornbread Stuffing
Green Beans
Peaches w/Cottage Cheese
Dinner Roll
Milk

27
Sloppy Joe
Home Fries
Coleslaw
Bun
Applesauce
Milk

28
Hot Dog w/chili
Barbecue Slaw
Lima Beans
Fresh Apple Slices
Bun
Assorted Cookie
Milk

29
Pancakes w/syrup
Scrambled Eggs
Sausage Links
Home Fries
Orange Juice
Milk

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