



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.**



The office will
be closed on
**Monday,
September 7th**
in observance
of Labor Day

September is National Potato Month

Potatoes are a versatile root vegetable that is packed with nutrients and is a budget friendly option for meals. Worldwide, there are over 4,000 varieties of potatoes.

Potatoes provide important vitamins, minerals and fiber. One key nutrient found in potatoes is potassium, which helps support the heart, muscles, and nervous system. The skin of a potato is another source of fiber that helps the digestive system.

Potatoes are a natural food that is not unhealthy but how we prepare our potatoes can affect the nutritional value.

Lastly, potatoes are naturally gluten free and may also help improve blood sugar control when eaten as part of a balanced diet and prepared in healthy ways.



Sunday, September 13th



Tuesday, September 22nd



catawba county
social services

*To strengthen, with dignity and respect, the quality of
life for all citizens through supportive services and
advocacy*



UNITED WAY
Catawba County

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HDM MENU



meals on wheels
OF CATAWBA COUNTY

September

	1 Spaghetti & Meat Sauce Corn Pineapple w/Cottage Cheese Garlic Bread Milk	2 Chicken & Dumplings Carrots Coleslaw Dinner Roll Peaches Milk	3 Meatloaf Macaroni & Cheese Lima Beans Dinner Roll Fresh Orange Milk	4 Baked Chicken w/Gravy Mashed Potatoes Green Beans Dinner Roll Assorted Cookie Milk
7 	8 Salisbury Steak w/Gravy Navy Beans Broccoli Dinner Roll Fresh Apple Slices Milk	9 Pinto Beans Collard Greens Stewed Potatoes Cornbread Yogurt w/blueberries Milk	10 Pepper Steak Mashed Potatoes Cucumber Salad Dinner Roll Pineapple Milk	11 Low Sodium Teriyaki Chicken Rice Broccoli & Cheese Dinner Roll Tropical Fruit Milk
14 Sloppy Joe Home Fries Coleslaw Bun Fresh Orange Milk	15 Chicken Fajita w/onions & peppers Spanish Rice Pinto Beans Sour Cream Fruit Cocktail Soft Tortilla Shells Milk	16 Biscuit & Gravy Scrambled Eggs Fresh Tomato Slices Baked Apples Milk	17 Hot Dog w/Chili Baked Beans Coleslaw Bun Peaches Milk	18 Chicken Alfredo w/Noodles Green Beans Pickled Beets Wheat Roll Pears Milk
21 Lemon Pepper Chicken Rice Stewed Tomatoes Dinner Roll Fresh Orange Milk	22 Barbecue Boneless Pork Rib Mashed Potatoes Lima Beans Dinner Roll Fruit Cocktail Milk	23 Waffle Scrambled Eggs Sausage Links Home Fries Orange Juice Milk	24 Beef Tacos Black Beans Lettuce & Tomato Fresh Apple Slices Soft Tortilla Shells Milk	25 Baked Ham Pinto Beans Turnip Greens Cornbread Assorted Cookie Milk
28 Chopped Steak w/Brown Gravy Green Beans Carrots Dinner Roll Cranberry Juice Milk	29 Fried Fish Filet Okra & Tomatoes Coleslaw Bun Peaches Milk	30 Turkey w/Gravy Cornbread Stuffing Sweet Potatoes Baked Apples Grape Juice Cranberry Sauce Milk	Menu substitutes may occasionally have to be made of equal nutritional value. Diabetic friendly options will be made in substitution of desserts	