

**ROCKINGHAM NUTRITION &
MEALS ON WHEELS PROGRAM**

**APRIL
2019**

**Administration Office 679-2201
Brentwood, NH**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	Lemon Thyme Chicken Roasted Potatoes Fiesta Corn Rye Roll Brownie <i>Cold Meal</i> Tuna Salad w/ Lettuce Sweet Potato Salad Carrot Raisin Salad Dinner Roll Pudding	2	#1 Pork Ragout Roasted Brussel Sprouts Pasta Pumpkin Bread Seasonal Fruit #2 Chicken A La King <i>Cold Meal</i> Turkey & Cheddar Sandwich Macaroni Salad Beet Salad Oatmeal Bread Fruit	3	Sweet & Sour Meatballs Mandarin Veggie Blend Fried Rice Oatmeal Bread Mandarin Oranges <i>Cold Meal</i> Pork Sandwich w/ Spinach Ditalini Pea Salad Marinated Vegetables Whole Wheat Burger Roll Cookie	4	Beef Stew Mashed Turnips Biscuit Fruit Crisp <i>Cold Meal</i> Ham & Pineapple Salad Rainbow Tortellini Salad Three Bean Salad White Bread Chilled Peaches	5	#1 Stuffed Shells w/ Marinara Sauce Spinach Hearty Wheat Bread Chocolate Mousse #2 Fish Stew <i>Cold Meal</i> Chicken Pesto Sandwich Italian Pasta Salad Garden Salad w/ Dressing Coleslaw Vanilla Pudding
8	Beef Shephard's Pie Roasted Butternut Squash Mashed Potatoes Corn Bread Chocolate Cake <i>Cold Meal</i> Chicken Salad w/ Lettuce Potato & Egg Salad Beet Salad Whole Wheat Dinner Roll Cookie	9	#1 Chicken Marsala Carrots Rice Oatmeal Bread Mandarin Oranges #2 Roast Pork w/ Gravy <i>Cold Meal</i> Pork, Ham & Swiss Sandwich Pepper, Corn & Bean Salad Penne Pasta Salad Sandwich Roll Chilled Pears	10	American Chop Suey w/ Marinara Sauce Broccoli Caesar Salad w/ Dressing Bread Stick Oatmeal Cookie <i>Cold Meal</i> Chicken Caesar Salad Roll Barley Raisin Salad Butternut Squash Salad Burger Roll Jell-O	11	Spring Celebration Ham w/ Raisin Sauce Scallop Potatoes Glazed Carrots Coconut Cake w/ Jelly Beans <i>Cold Meal</i> Boursin Roast Beef Croissant Spring Vegetable Salad German Potato Salad Croissant Oatmeal Raisin Cookie	12	#1 Macaroni & Cheese Stewed Tomatoes Brussel Sprouts Whole Wheat Bread Blondie #2 Fish Cakes <i>Cold Meal</i> Egg Salad Sandwich Pesto Pasta Salad Zucchini Salad Rye Bread Cookie

Menu Subject to Change

Suggested Donation \$3.00 per Meal

NAME: _____

REGULAR MILK _____

SKIM MILK _____

DIABETIC DESSERT _____

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Rockingham Nutrition & Meals on Wheels

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>15 Chicken w/ Supreme Sauce Three Bean Blend Rice Pilaf Dinner Roll Watermelon</p> <p align="center"><i>Cold Meal</i> Ham & Swiss w/ Lettuce Cucumber & Tomato Salad Macaroni Salad Rye Bread Chilled Fruit</p>	<p>16 Spaghetti & Meatballs w/ Marinara Sauce Spinach Bread Stick Jell-O</p> <p align="center"><i>Cold Meal</i> Pork Caesar Sandwich Carrot Raisin Salad Three Bean Salad Pita Bread Cookie</p>	<p>17 Meatloaf w/ Gravy Mashed Potatoes Broccoli Rye Roll Double Chocolate Cookie</p> <p align="center"><i>Cold Meal</i> Dill Tuna Salad w/ Lettuce Tarragon Potato Salad Barley Raisin Salad Hamburger Roll Cookie</p>	<p>18 #1 Honey Rosemary Pork Roasted Cauliflower Roasted Sweet Potato Multi Grain Bread Coconut Cake #2 Liver & Onions w/ Gravy</p> <p align="center"><i>Cold Meal</i> Turkey Club Sandwich Vegetable Pasta Salad Confetti Coleslaw White Bread Pudding</p>	<p>19 #1 Breaded Fish Red Bliss Potatoes Glazed Carrots Zucchini Bread Mandarin Oranges #2 Broccoli & Cheese Egg Bake</p> <p align="center"><i>Cold Meal</i> Italian Sub w/ Provolone Roasted Corn Relish Greek Pasta Salad Sandwich Roll Fresh Fruit</p>
<p>22 Stuffed Pepper w/ Rustic Tomato Sauce Sicilian Blend Vegetable White Bread Jello</p> <p align="center"><i>Cold Meal</i> Roast Beef & Provolone Traditional Potato Salad Zucchini Salad Rye Bread Jell-O</p>	<p>23 BBQ Chicken Brussel Sprouts O'Brian Potatoes Corn Bread Birthday Cake</p> <p align="center"><i>Cold Meal</i> Turkey Gobbler Sandwich w/ Stuffing & Cranberry Sauce Green Bean Salad White Bread Chilled Pineapple</p>	<p>24 #1 Salisbury Steak w/ Gravy Sweet Potatoes Edamame Multi Grain Bread Pumpkin Chip Cookie #2 Chicken Picatta</p> <p align="center"><i>Cold Meal</i> Chef Salad w/ Turkey Sweet Potato Salad Bread Stick Brownie</p>	<p>25 Roasted Turkey w/ Gravy Cranberry Sauce Whipped Potatoes Spinach Whole Wheat Roll Fruit Crisp</p> <p align="center"><i>Cold Meal</i> Ham & Egg Salad w/ Lettuce Marinated Vegetables Chickpea Salad Oatmeal Raisin Cookie</p>	<p>26 #1 Stuffed Haddock Rice Pilaf Broccoli Whole Wheat Bread Mandarin Oranges #2 Pork Chasuer</p> <p align="center"><i>Cold Meal</i> BBQ Chicken Sandwich Pesto Pasta Salad Coleslaw Hamburger Roll Fresh Fruit</p>
<p>29 Lasagna w/ Marinara Sauce Spinach Whole Wheat Roll Muffin</p> <p align="center"><i>Cold Meal</i> Turkey & Cheddar Sandwich Marinated Vegetable Salad Beet Salad Oatmeal Bread Chocolate Chip Cookie</p>	<p>30 #1 Hot Dog Brussel Sprouts Baked Beans Hot Dog Roll Chocolate Pudding #2 Cheeseburger Hamburger Roll</p> <p align="center"><i>Cold Meal</i> Turkey Cordon Bleu Vegetable Salad Pesto Pasta Salad Whole Wheat Bread Fresh Fruit</p>	<p>1 Cranberry Orange Chicken Rice Pilaf Caesar Salad w/ Dressing Oatmeal Bread Mandarin Oranges</p> <p align="center"><i>Cold Meal</i> Ham & Cheese Sandwich Traditional Potato Salad Spinach Salad w/ Dressing Rye Bread Pudding</p>	<p>2 Pot Roast w/ Gravy Mashed Potatoes Asparagus Dinner Roll Apple Spice Cake</p> <p align="center"><i>Cold Meal</i> Cranberry Walnut Chicken Salad Butternut Squash Salad Rice Salad Rye Roll Chilled Fruit</p>	<p>3 #1 Potato Crunch Fish Whipped Sweet Potatoes Mixed Vegetables Rye Bread Chocolate Chip Cookie #2 Pulled Pork Burger Bun</p> <p align="center"><i>Cold Meal</i> Roast Beef Sandwich Traditional Potato Salad Caesar Salad w/ Dressing Multi Grain Bread Fresh Fruit</p>

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SKIM MILK _____

DIABETIC DESSERT _____