

**ROCKINGHAM NUTRITION &
MEALS ON WHEELS PROGRAM**

**AUGUST
2018**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>6 Hamburger Roasted Potatoes Peas Jell-O</p> <p><i>Cold Meal</i> Egg Salad w/ Lettuce Vegetable Pasta Salad Macaroni Salad Chilled Fruit</p>	<p>7 Tarragon Chicken Salad w/ Lettuce Quinoa Taboule Salad Coleslaw Yogurt Parfait DB: Parfait</p> <p><i>Cold Meal</i> Turkey Gobbler Sandwich w/ Cranberry Sauce & Stuffing Green Bean & Apple Salad Chilled Peaches</p>	<p>8 #1 Baked Haddock Whipped Potatoes Garden Salad w/ Dressing Lemon Square DB: Graham Crackers #2 Salisbury Steak</p> <p><i>Cold Meal</i> Chicken Pesto Sandwich w/ Lettuce Garden Salad w/ Dressing Beet Salad Vanilla Pudding</p>	<p>9 Lasagna w/ Marinara Sauce Garlic Zucchini Chocolate Cookie DB: Chocolate Chip Cookie</p> <p><i>Cold Meal</i> Roast Beef & Provolone w/ Lettuce Mexican Corn Salad Sweet Potato Salad Fruit</p>	<p>10 #1 Polynesian Pineapple Chicken Fried Rice w/ Garlic, Ginger, Soy Sauce & Egg Carrots Chilled Pineapple #2 Macaroni & Cheese</p> <p><i>Cold Meal</i> Pork Sandwich w/ Spinach Marinated Vegetables Coleslaw Cookie</p>
<p>13 Beef Stew w/ Peas & Carrots Whipped Potatoes Brownie DB: Chocolate Chip Cookie</p> <p><i>Cold Meal</i> Ham & Pineapple Salad w/ Lettuce Butternut Squash Salad Italian Pasta Salad Fruit</p>	<p>14 Teriyaki Meatballs Jasmine Rice Mandarin Vegetable Blend Fruit Salad</p> <p><i>Cold Meal</i> Turkey & Cheddar Sandwich w/ Lettuce Ditalini Pea Salad Carrot & Raisin Salad Chilled Pears</p>	<p>15 American Chop Suey w/ Onions & Peppers Mixed Green Salad w/ Dressing Spinach Birthday Cake DB: Angel Food Cake</p> <p><i>Cold Meal</i> Chicken Caesar Salad Roll Marinated Vegetables Tarragon Potato Salad Jell-O</p>	<p>16 <i>Lobster Special</i> #1 Roast Beef Sandwich w/ Lettuce Pasta Salad Coleslaw Watermelon #2 Lobster Roll</p> <p><i>Cold Meal</i> Deviled Egg Salad w/ Lettuce Pesto Pasta Salad Zucchini Salad Chocolate Pudding</p>	<p>17 #1 Orange Bourbon Chicken Whipped Potatoes Peas Jell-O #2 Liver & Onions</p> <p><i>Cold Meal</i> Roast Beef Sandwich w/ Lettuce & Cheese Pepper, Corn & Bean Salad Caesar Salad w/ Dressing Fruit</p>

Menu Subject to Change

Suggested Donation \$2.00 per Meal

NAME: _____

REGULAR MILK _____

SKIM MILK _____

DIABETIC DESSERT _____

Look on the back

AUGUST 2018

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Brentwood, NH

Rockingham Nutrition & Meals on Wheels

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>20] Sweet & Sour Pork Over Jasmine Rice Cabbage & Shredded Carrots Oatmeal Raisin Cookie DB: Chocolate Chip Cookie</p> <p style="text-align: center;"><i>Cold Meal</i> Turkey, Cranberry, Apple Salad Sandwich w/ Lettuce Green Bean & Apple Salad Tarragon Potato Salad Fruit</p>	<p>21] #1 BBQ Chicken Potato Salad Southern Style Greens Yogurt Parfait DB: Parfait #2 Meatloaf w/ Gravy</p> <p style="text-align: center;"><i>Cold Meal</i> Tuna Salad w/ Lettuce White Bean & Cucumber Salad Roasted Carrot Salad Fruit</p>	<p>22] Hot Dog Baked Beans Coleslaw Mandarin Oranges</p> <p style="text-align: center;"><i>Cold Meal</i> Chicken Salad w/ Lettuce Three Bean Salad Barley Raisin Salad Graham Crackers</p>	<p>23] Shredded Beef Taco Salad w/ Lettuce & Tomato Black Bean Salad Blondie DB: Lemon Cookie</p> <p style="text-align: center;"><i>Cold Meal</i> Chicken & Couscous Salad Mixed Green Salad w/ Dressing Roasted Vegetables Vanilla Pudding</p>	<p>24] #1 Chicken w/ Lemon Picatta Sauce Pasta Tossed Salad w/ Dressing Strawberry Mousse #2 Spaghetti & Meatballs</p> <p style="text-align: center;"><i>Cold Meal</i> Chef Salad w/ Turkey, Egg & Cheese Sweet Potato Salad Fruit</p>
<p>27] #1 Potato Crunch Fish w/ Calypso Sauce Sweet Potato Hash Summer Squash w/ Red Pepper Chocolate Pudding DB: Vanilla Pudding #2 Chicken Fingers</p> <p style="text-align: center;"><i>Cold Meal</i> Turkey & Swiss Sandwich Confetti Coleslaw Cucumber & Tomato Salad Fruit</p>	<p>28] Rib-Q w/ BBQ Sauce Whipped Potatoes Peas & Carrots Fruit Salad</p> <p style="text-align: center;"><i>Cold Meal</i> Chicken Caesar w/ Chicken Italian Pasta Salad Pineapple</p>	<p>29] Chef Salad w/ Turkey, Egg & Cheese Orzo Salad w/ Red Pepper Lemon Tea Cake</p> <p style="text-align: center;"><i>Cold Meal</i> Tarragon Chicken Salad Marinated Vegetables Chickpea Salad Oatmeal Raisin Cookie</p>	<p>30] Chicken Scampi w/ Tomatoes Over Noodles Green Beans Spinach Salad w/ Dressing Jell-O</p> <p style="text-align: center;"><i>Cold Meal</i> Pork, Ham & Swiss Sandwich Rice Salad w/ Citrus Dressing Coleslaw Fruit</p>	<p>31] #1 Meatloaf w/ Gravy Whipped Potatoes Peas Lemon Cake DB: Angel Food Cake #2 Country Fried Chicken w/ Gravy</p> <p style="text-align: center;"><i>Cold Meal</i> Roast Beef & Provolone Traditional Potato Salad Zucchini Salad Fruit</p>

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DIABETIC DESSERT _____