

**ROCKINGHAM NUTRITION &  
MEALS ON WHEELS PROGRAM**

**MARCH  
2019**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4   <b>Chicken Crème Rosa</b> Cauliflower &amp; Carrots Confetti Rice Pilaf Wheat Bread Apple Crisp</p> <p><i>Cold Meal</i> Roast Beef &amp; Boursin Cheese Carrot Raisin Salad Penne Pasta Salad Chilled Fruit</p>	<p>5   <b>Spaghetti w/ Meatballs</b> Spinach Caesar Salad w/ Dressing Bread Stick Sugar Cookie</p> <p><i>Cold Meal</i> Chicken Salad w/ Lettuce Italian Tortellini Cucumber Salad Cookie</p>	<p>6   <b>#1 Pork Loin</b> Apple Stuffing Three Bean Blend <b>#2 Breaded Fish</b> Roasted Sweet Potatoes Three Bean Blend Apple Sauce</p> <p><i>Cold Meal</i> Italian Sub Potato w/ Egg Salad Bean Salad Vanilla Pudding</p>	<p>7   <b>Meatloaf w/ Gravy</b> Mashed Potatoes Peas Whole Wheat Dinner Roll Coconut Cake</p> <p><i>Cold Meal</i> Caesar Salad w/ Chicken Ditalini Fiesta Salad Cookie</p>	<p>8   <b>#1 Broccoli &amp; Cheese Fratta</b> Roasted Red Bliss Potatoes Capri Blend Vegetables Zucchini Bread Jell-O <b>#2 Homemade Fish Cakes</b></p> <p><i>Cold Meal</i> Tuna Salad Sandwich Marinated Vegetables Pesto Pasta Salad Fruit</p>
<p>11   <b>Stuffed Pepper Casserole w/ Rustic Tomato Sauce</b> Brussel Sprouts Whole Wheat Dinner Roll Bread Pudding</p> <p><i>Cold Meal</i> Chicken &amp; Couscous Salad Roasted Red Pepper Hummus Greek Pasta Salad Chocolate Pudding</p>	<p>12   <b>#1 BBQ Chicken</b> Carrots Lyonaise Potatoes Corn Bread Jell-O <b>#2 Baked Ham</b></p> <p><i>Cold Meal</i> Turkey &amp; Cheddar Sandwich Chickpea Salad Carrot Salad Chilled Pears</p>	<p>13   <b>Salisbury Steak w/ Gravy</b> Scalloped Potatoes Edamame Whole Wheat Bread Oatmeal Raisin Cookie</p> <p><i>Cold Meal</i> Egg Salad w/ Lettuce German Potato Salad Zucchini Salad Cookie</p>	<p>14   <i>St. Patrick's Day Special</i> <b>Corned Beef Au Ju</b> Carrot &amp; Turnip Blend Potatoes Cabbage Marble Rye Bread Brownie</p> <p><i>Cold Meal</i> Pork, Ham &amp; Swiss Sandwich Rice Salad Coleslaw Fresh Fruit</p>	<p>15   <b>#1 Mediterranean Baked Fish</b> Mixed Vegetables Rice Pilaf Multigrain Bread Seasonal Fruit <b>#2 Beef Burgundy</b></p> <p><i>Cold Meal</i> Ham &amp; Cheese Sandwich Spinach Salad w/ Dressing Traditional Potato Salad Cookie</p>

Menu Subject to Change

Suggested Donation \$3.00 per Meal

NAME: \_\_\_\_\_

REGULAR MILK \_\_\_\_\_

SKIM MILK \_\_\_\_\_

DIABETIC DESSERT \_\_\_\_\_

**MARCH  
2019**

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

**Rockingham Nutrition & Meals on Wheels**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>18 <b>Lasagna w/ Marinara Sauce</b> Broccoli Caesar Salad w/ Dressing Whole Wheat Roll Chocolate Pudding</p> <p><i>Cold Meal</i> Roast Beef &amp; Provolone Cucumber &amp; Tomato Salad Macaroni Salad Fresh Fruit</p>	<p>19 <b>#1 Hot Dog</b> Roasted Brussel Sprouts Baked Beans Hot Dog or Hamburger Roll Seasonal Fruit <b>#2 Hamburger</b></p> <p><i>Cold Meal</i> Chef Salad w/ Turkey, Egg &amp; Cheese Three Bean Salad Brownie</p>	<p>20 <b>Cranberry Orange Chicken</b> Zucchini w/ Red Pepper Brown Rice Pumpkin Bread Mandarin Oranges</p> <p><i>Cold Meal</i> Ham Salad w/ Lettuce Roasted Corn Relish Barley Raisin Salad Cookie</p>	<p>21 <b>Roasted Turkey w/ Gravy</b> Whipped Potatoes Cranberry Sauce Butternut Squash Whole Wheat Dinner Roll Carrot Cake</p> <p><i>Cold Meal</i> Devil Egg Salad Rice Salad w/ Citrus Dressing Apple &amp; Zucchini Chilled Fruit</p>	<p>22 <b>#1 Potato Crusted Fish</b> Roasted Red Bliss Potatoes Green Beans w/ Red Pepper Whole Wheat Burger Roll Ginger Cookie <b>#2 Pulled Pork</b></p> <p><i>Cold Meal</i> Roast Beef &amp; Swiss w/ Lettuce Dill Potato Salad Red Cabbage &amp; Grape Salad Jell-O</p>
<p>25 <b>#1 Chicken Caccitore w/ Peppers &amp; Onions</b> Pasta <b>#2 Beef Chili</b> Pasta Succotash Pineapple</p> <p><i>Cold Meal</i> Waldorf Chicken Salad Confetti Coleslaw Beet Salad Cookie</p>	<p>26 <b>Pot Roast w/ Gravy</b> Mashed Potatoes Peas &amp; Carrots Whole Wheat Dinner Roll Birthday Cake</p> <p><i>Cold Meal</i> Turkey Cordon Bleu Black Bean &amp; Corn Salad Vegetable Salad Vanilla Pudding</p>	<p>27 <b>#1 Rib-Q w/ BBQ Sauce</b> Corn w/ Black Beans Sweet Potatoes Oatmeal Bread Brownie <b>#2 Honey Lime Chicken</b></p> <p><i>Cold Meal</i> Tarragon Chicken Salad Sandwich w/ Lettuce Marinated Vegetables Sweet Potato Salad Oatmeal Raisin Cookie</p>	<p>28 <b>Chicken Pot Pie</b> Spinach Garden Salad w/ Dressing Whole Wheat Bread Peach Crisp</p> <p><i>Cold Meal</i> Turkey Gobbler Sandwich w/ Stuffing &amp; Cranberry Sauce Green Bean Salad Penne Pasta Salad Chilled Fruit</p>	<p>29 <b>Spinach &amp; Cheese Quiche</b> Stewed Tomatoes Red Bliss Potatoes Raisin Bread Seasonal Fruit</p> <p><i>Cold Meal</i> Pork Pocket w/ Lettuce, Tomato &amp; Cheddar Greek Orzo Salad Corn Salad Fresh Fruit</p>

Menu Subject to Change

Suggested Donation **\$3.00** per Meal

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SKIM MILK \_\_\_\_\_

DIABETIC DESSERT \_\_\_\_\_