


**ROCKINGHAM NUTRITION &
MEALS ON WHEELS PROGRAM**



**June
2018**



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4 #1 Potato Crunch Fish w/ Calypso Sauce Sweet Potato Hash Summer Squash Yogurt Parfait DB: Parfait #2 Grilled Chicken</p> <p><i>Cold Meal</i> Egg Salad w/ Lettuce Sweet Potato Salad Macaroni Salad Fruit Salad</p>	<p>5 Hot Dog Baked Beans Coleslaw Fruit Salad</p> <p><i>Cold Meal</i> Turkey Gobbler Sandwich w/ Cranberry Sauce & Stuffing Green Bean & Apple Salad Chilled Peaches</p>	<p>6 Chicken Scampi w/ Tomatoes & Olives Spinach Salad w/ Dressing Double Chocolate Chip Cookie DB: Chocolate Chip Cookie</p> <p><i>Cold Meal</i> Chicken Pesto Sandwich Garden Salad w/ Dressing Vegetable Pasta Salad Vanilla Pudding</p>	<p>7 Chef Salad w/ Turkey, Egg & Cheese Orzo Salad w/ Red Pepper Garden Salad w/ Dressing Brownie DB: Mousse</p> <p><i>Cold Meal</i> Roast Beef & Provolone Mexican Corn Salad Beet Salad Fruit</p>	<p>8 #1 Meatloaf w/ Gravy Whipped Potatoes Peas Lemon Cake DB: Angel Food Cake #2 Oven Fried Chicken w/ Gravy</p> <p><i>Cold Meal</i> Pork Sandwich w/ Spinach Marinated Vegetables Coleslaw Cookie</p>
<p>11 Meatballs w/ Gravy Cheddar Whipped Potatoes Corn Strawberry Mousse</p> <p><i>Cold Meal</i> Tuna Salad w/ Lettuce Carrot & Raisin Salad Marinated Vegetables Fruit</p>	<p>12 Stuffed Shells w/ Marinara Sauce Broccoli Garden Salad w/ Dressing Sugar Cookie DB: Graham Crackers</p> <p><i>Cold Meal</i> Turkey & Cheddar Sandwich Tarragon Potato Salad White Bean & Cucumber Salad Chilled Pears</p>	<p>13 Julienned Roast Beef Over Mixed Green Salad Tomatoes & Cucumbers Vegetable Pasta Salad Chilled Pineapples</p> <p><i>Cold Meal</i> Chicken Caesar Salad Roll Ditalini Pea Salad Butternut Squash Salad Jell-O</p>	<p>14 <i>Father's Day Special</i> Pulled Beef w/ BBQ Sauce Macaroni & Cheese Baked Beans Peach & Blueberry Crisp DB: Crisp</p> <p><i>Cold Meal</i> Deviled Egg Salad w/ Lettuce Pesto Salad Salad Zucchini Salad Chocolate Pudding</p>	<p>15 #1 Lemon Citrus Chicken Wild Rice Pilaf Seasoned Carrots Birthday Cake  DB: Angel Food Cake #2 Honey Mustard Pork</p> <p><i>Cold Meal</i> Roast Beef Sandwich 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 _____

Be Sure to laugh a little. Here are some benefits to laughter:

*Reduces blood pressure & heart rate

*Relaxes muscles throughout the body

*Increases antibodies in saliva that combats upper respiratory infections

www.worldlaughtertour.com



**June
2018**

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

Rockingham Nutrition & Meals on Wheels

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>18] #1 Breaded Fish w/ Tartar Sauce Macaroni & Cheese Broccoli Tiramisu DB: Angel Food Cake #2 BBQ Chicken</p> <p><i>Cold Meal</i> Turkey, Cranberry, Apple Salad Sandwich Green Bean & Apple Salad Tarragon Potato Salad Fruit</p>	<p>19] #1 Turkey w/ Gravy Cranberry Sauce Whipped Potatoes Carrots Fruit Salad #2 Liver & Onions</p> <p><i>Cold Meal</i> Ham & Pineapple Salad Roasted Carrot Salad Italian Pasta Salad Fruit</p>	<p>20] Deviled Egg Salad w/ Lettuce Potato Salad Tomato & Cucumber Salad Peach Cobbler DB: Baked Peaches</p> <p><i>Cold Meal</i> Chicken Salad w/ Lettuce Three Bean Salad Barley Raisin Salad Graham Crackers</p>	<p>21] Meatball Sub w/ Marinara Sauce Sweet Potato Fries Caesar Salad w/ Dressing Honeydew</p> <p><i>Cold Meal</i> Turkey & Swiss Sandwich Confetti Coleslaw Cucumber & Tomato Salad Fruit</p>	<p>22] Chicken Fajita w/ Peppers & Onions Spanish Rice Black Bean & Corn Pudding DB: Chocolate Pudding</p> <p><i>Cold Meal</i> Chicken & Couscous Salad Roasted Vegetables Mixed Green Salad w/ Dressing Vanilla Pudding</p>
<p>25] Hamburger Roasted Potato Peas Yogurt Parfait DB: Parfait</p> <p><i>Cold Meal</i> Pork, Ham & Swiss Sandwich Rice Salad w/ Dressing Coleslaw Fruit</p>	<p>26] Tarragon Chicken Salad w/ Lettuce Quinoa Taboule Salad Coleslaw Cantaloupe</p> <p><i>Cold Meal</i> Caesar Salad w/ Chicken Italian Pasta Salad Chilled Pineapple</p>	<p>27] #1 Baked Fish Whipped Potatoes Garden Salad w/ Dressing Lemon Square DB: Graham Crackers #2 Smothered Pork</p> <p><i>Cold Meal</i> Tarragon Chicken Salad Marinated Vegetables Chickpea Salad Oatmeal Raisin Cookie</p>	<p>28] #1 Lasagna w/ Marinara Sauce Green Beans & Red Pepper Greek Salad w/ Dressing Blondie DB: Mocha Mousse #2 Eggplant Parmesan</p> <p><i>Cold Meal</i> Chef Salad w/ Turkey, Egg & Cheese Sweet Potato Salad Fruit</p>	<p>29] Pineapple Chicken Fried Rice w/ Ginger, Peas, Egg & Soy Sauce Carrots Jell-O</p> <p><i>Cold Meal</i> Roast Beef & Provolone Traditional Potato Salad Zucchini Salad Fruit</p>

Menu Subject to Change

Suggested Donation **\$2.00** per Meal

NAME: _____

REGULAR MILK _____

SKIM MILK _____

DIABETIC DESSERT _____