


**ROCKINGHAM NUTRITION &
MEALS ON WHEELS PROGRAM**



**MAY
2018**



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>7 Chicken Cacciatore w/ Peppers & Onions Pasta Mixed Green Salad w/ Dressing Birthday Cake  DB: Angel Food Cake</p> <p><i>Cold Meal</i> Egg Salad w/ Lettuce Sweet Potato Salad Macaroni Salad Chilled Fruit</p>	<p>8 #1 Roast Beef w/ Onion Gravy Cheddar Whipped Potatoes Beets Sugar Cookie DB: Lemon Cookie #2 Liver & Onions</p> <p><i>Cold Meal</i> Turkey Gobbler Sandwich w/ Cranberry Sauce & Stuffing Green Bean & Apple Salad Chilled Peaches</p>	<p>9 Rib-Q w/ BBQ Sauce Zucchini & Red Pepper Sweet Potato Wedges Apple Sauce</p> <p><i>Cold Meal</i> Chicken Pesto Sandwich Garden Salad w/ Dressing Macaroni Salad Vanilla Pudding</p>	<p>10 <i>Mother's Day Special</i> Broccoli & Cheese Stuffed Chicken w/ Gravy Baby Carrots w/ Dill Au Gratin Potatoes Strawberry Shortcake DB: Yogurt Parfait</p> <p><i>Cold Meal</i> Roast Beef & Provolone Ditalini Pea Salad Spinach Salad w/ Dressing Fruit</p>	<p>11 #1 Spinach & Cheese Egg Bake Stewed Tomatoes Red Bliss Potatoes Yogurt Parfait DB: Graham Crackers #2 Balsamic Glazed Chicken</p> <p><i>Cold Meal</i> Pork Sandwich w/ Spinach Beet Salad Coleslaw Cookie</p>
<p>14 Pork Ragout Brussel Sprouts Penne Pasta Blondie DB: Chocolate Chip Cookie</p> <p><i>Cold Meal</i> Tuna Salad w/ Lettuce Carrot & Raisin Salad Marinated Vegetables Fruit</p>	<p>15 #1 Lemon Thyme Chicker Caesar Salad w/ Dressing Roasted Potatoes Fruit Crisp DB: Baked Fruit #2 Salisbury Steak w/ Gravy</p> <p><i>Cold Meal</i> Turkey & Cheddar Sandwich Tarragon Potato Salad Cucumber & Tomato Salad Chilled Pears</p>	<p>16 Sweet & Sour Meatballs Fried Rice Mandarin Vegetable Blend Pineapple</p> <p><i>Cold Meal</i> Chicken Caesar Salad Roll Barley Raisin Salad Butternut Squash Salad Jell-O</p>	<p>17 #1 Beef Stew w/ Peas & Carrots Mashed Potatoes Mocha Mousse #2 Baked Fish</p> <p><i>Cold Meal</i> Deviled Egg Salad Pesto Pasta Salad Zucchini Salad Chocolate Pudding</p>	<p>18 Stuffed Shells w/ Marinara Sauce Roasted Cauliflower Garden Salad w/ Dressing Carrot Cake DB: Vanilla Pudding</p> <p><i>Cold Meal</i> Roast Beef Sandwich Pepper, Corn & Bean Salad Garden Salad w/ Dressing Fruit</p>

Menu Subject to Change

Suggested Donation \$2.00 per Meal

NAME: _____

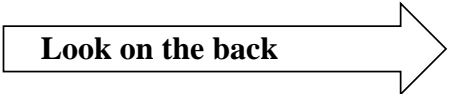
REGULAR MILK _____

SKIM MILK _____

DIABETIC DESSERT _____



Don't forget to stay hydrated as the weather warms up. Maintaining adequate fluids is crucial because dehydration is one of the most frequent causes of hospitalizations.



**MAY
2018**

Ray-Fre Site 895-3258

Rockingham Nutrition & Meals on Wheels

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>21 Shepherd's Pie w/ Corn & Peas Mashed Potatoes Roasted Butternut Squash Chocolate Cake DB: Angel Food Cake</p> <p><i>Cold Meal</i> Turkey, Cranberry, Apple Sandwich Three Bean Salad Macaroni Salad Fruit</p>	<p>22 #1 Chicken Marsala w/ Mushrooms Roasted Carrots Rice Mandarin Oranges #2 Sweet & Sour Pork</p> <p><i>Cold Meal</i> Ham & Pineapple Salad Roasted Carrot Salad Cucumber & Tomato Salad Fruit</p>	<p>23 Roast Beef w/ Mixed Green Salad Tomato White Bean Salad Double Chocolate Cookie DB: Chocolate Chip Cookie</p> <p><i>Cold Meal</i> Chicken Salad Tarragon Potato Salad Barley Raisin Salad Graham Crackers</p>	<p>24 Chicken Pot Pie w/ Peas & Carrots Steamed Red Bliss Potatoes Blueberry Crisp DB: Baked Fruit</p> <p><i>Cold Meal</i> Turkey & Swiss Sandwich Confetti Coleslaw Green Bean & Apple Salad Fruit</p>	<p>25 Pulled Pork Macaroni & Cheese Green Beans Yogurt Parfait DB: Parfait</p> <p><i>Cold Meal</i> Chicken & Couscous Salad Mixed Green Salad w/ Dressing Roasted Vegetables Vanilla Pudding</p>
<p>28 CLOSED Memorial Day</p>	<p>29 #1 Meatballs w/ Marinara Sauce Spaghetti Spinach Tiramisu DB: Strawberry Mousse #2 Eggplant Parmesan</p> <p><i>Cold Meal</i> Caesar Salad w/ Chicken Italian Pasta Salad Chilled Pineapple</p>	<p>30 BBQ Chicken Green Beans & Red Pepper Roasted Sweet Potatoes Apple Sauce</p> <p><i>Cold Meal</i> Tarragon Chicken Salad Marinated Vegetables Chickpea Salad Oatmeal Raisin Cookie</p>	<p>31 Meatloaf w/ Gravy Herbed Zucchini Whipped Potatoes Coconut Cake DB: Angel Food Cake</p> <p><i>Cold Meal</i> Chef Salad w/ Turkey, Egg & Cheese Sweet Potato Salad Chilled Fruit</p>	<p>1 #1 Honey Rosemary Chicken Red Bliss Potatoes Greek Salad w/ Dressing Jell-O #2 Dijon Crusted Pork</p> <p><i>Cold Meal</i> Pork, Ham & Swiss Sandwich Rice Salad w/ Dressing Coleslaw Fruit</p>

Menu Subject to Change

Suggested Donation **\$2.00** per Meal

NAME: _____

REGULAR MILK _____

SKIM MILK _____

DIABETIC DESSERT _____