

**ROCKINGHAM NUTRITION &
MEALS ON WHEELS PROGRAM**

**September
2018**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 CLOSED Labor Day	4 Stuffed Shells w/ Marinara Sauce Garden Salad w/ Dressing Broccoli Strawberry Mousse <i>Cold Meal</i> Pork Sandwich w/ Spinach Potato Salad Coleslaw Cookie	5 Roast Beef Over Mixed Green Salad w/ Dressing Tomatoes & Cucumbers Vegetable Pasta Salad Chocolate Chip Cookie DB: Lemon Cookie <i>Cold Meal</i> Chicken Pesto Sandwich Garden Salad w/ Dressing Beet Salad Vanilla Pudding	6 <i>Little Italy Special</i> Chicken Parmesan w/ Marinara Sauce Fettuccini Noodles Zucchini & Summer Squash Tiramisu DB: Angel Food Cake <i>Cold Meal</i> Roast Beef & Provolone Mexican Street Corn Salad Sweet Potato Salad Fruit	7 Rib-Q w/ BBQ Sauce Whipped Potatoes Seasoned Carrots Jell-O <i>Cold Meal</i> Egg Salad w/ Lettuce Vegetable Pasta Salad Macaroni Salad Fruit
10 #1 Breaded Fish Macaroni & Cheese Broccoli Blondie DB: Graham Crackers #2 Pulled Pork w/ BBQ Sauce <i>Cold Meal</i> Turkey & Cheddar Sandwich w/ Lettuce Ditalini Pea Salad Carrot & Raisin Salad Pears	11 Turkey w/ Gravy Cranberry Sauce Whipped Potatoes Carrots Apple Crisp DB: Crisp <i>Cold Meal</i> Ham & Pineapple Salad w/ Lettuce Three Bean Salad Marinated Vegetables Fruit	12 Deviled Egg Salad w/ Lettuce Potato Salad Tomatoes & Cucumbers Fresh Fruit <i>Cold Meal</i> Tarragon Chicken Salad w/ Lettuce Marinated Vegetables Italian Pasta Salad Jell-O	13 Swedish Meatballs w/ Gravy Sweet Potato Fries Peas Sugar Cookie DB: Chocolate Chip Cookie <i>Cold Meal</i> Tuna Salad w/ Lettuce White Bean & Cucumber Salad Roasted Carrot Salad Chocolate Pudding	14 Chicken Fajita Seasoned Black Beans Red Pepper & Corn Salsa Flan Style Pudding DB: Chocolate Pudding <i>Cold Meal</i> Roast Beef Sandwich w/ Lettuce & Cheese Butternut Squash Salad Spinach Salad w/ Dressing Fruit

Menu Subject to Change

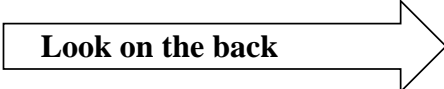
Suggested Donation \$2.00 per Meal

NAME: _____

REGULAR MILK _____

SKIM MILK _____

DIABETIC DESSERT _____



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Rockingham Nutrition & Meals on Wheels

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>17 Hamburger Potato Wedges Peas Yogurt Parfait DB: Parfait</p> <p><i>Cold Meal</i> Turkey, Cranberry & Apple Salad Sandwich w/ Lettuce Green Bean & Apple Salad Tarragon Potato Salad Fruit</p>	<p>18 BBQ Chicken Seasoned Rice Carrots Chocolate Cookie DB: Lemon Cookie</p> <p><i>Cold Meal</i> Deviled Egg Salad w/ Lettuce Zucchini Salad Barley Raisin Salad Fruit</p>	<p>19 #1 Baked Haddock Whipped Potatoes Roasted Butternut Squash Birthday Cake  DB: Angel Food Cake #2 Salisbury Steak w/ Mushroom Gravy</p> <p><i>Cold Meal</i> Chef Salad w/ Turkey, Egg & Cheese Sweet Potato Salad Fruit</p>	<p>20 Lasagna w/ Marinara Sauce Green Beans Cantaloupe</p> <p><i>Cold Meal</i> Chicken & Couscous Salad Mixed Green Salad w/ Dressing Roasted Vegetables Vanilla Pudding</p>	<p>21 Polynesian Pineapple Chicken Fried Rice w/ Peas, Egg, Ginger & Soy Sauce Carrots Pineapple Upside Down Cake DB: Vanilla Pudding</p> <p><i>Cold Meal</i> Chicken Salad w/ Lettuce Pepper, Corn & Bean Salad Pesto Pasta Salad Graham Crackers</p>
<p>24 Beefstew w/ Peas & Carrots Whipped Potatoes Brownie DB: Chocolate Chip Cookie</p> <p><i>Cold Meal</i> Turkey & Swiss Sandwich Confetti Coleslaw Italian Pasta Salad Fruit</p>	<p>25 Meatloaf w/ Gravy Jasmine Rice Vegetable Blend Vanilla Pudding DB: Chocolate Pudding</p> <p><i>Cold Meal</i> Caesar Salad w/ Chicken Cucumber & Tomato Salad Pineapples</p>	<p>26 Pulled Pork w/ BBQ Sauce Sweet Potato Fries Peas Fresh Fruit</p> <p><i>Cold Meal</i> Roast Beef & Provolone Potato Salad Zucchini Salad Fruit</p>	<p>27 #1 Orange Bourbon Chicken Whipped Potatoes Green Beans Jell-O #2 Liver & Onions</p> <p><i>Cold Meal</i> Pork, Ham & Swiss Sandwich Rice Salad w/ Citrus Dressing Coleslaw Fruit</p>	<p>28 American Chop Suey w/ Onions & Peppers Mixed Green Salad w/ Dressing Broccoli Banana Cake DB: Strawberry Mousse</p> <p><i>Cold Meal</i> Chicken Salad Sandwich Marinated Vegetables Chickpea Salad Oatmeal Raisin Cookie</p>

Menu Subject to Change

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REGULAR MILK _____

SKIM MILK _____

DIABETIC DESSERT _____