

**ROCKINGHAM NUTRITION &
MEALS ON WHEELS PROGRAM**

**OCTOBER
2018**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 Boneless Chicken w/ Tangy Cranberry Sauce Roasted Sweet Potato Brussel Sprouts Chocolate Pudding DB: Vanilla Pudding</p> <p><i>Cold Meal</i> Pork Sandwich w/ Spinach & Onion Marmalade Tarragon Potato Salad Coleslaw Cookie</p>	<p>2 Meatloaf w/ Gravy Cheddar Whipped Potatoes Peas Sugar Cookie DB: Jell-O</p> <p><i>Cold Meal</i> Turkey Gobbler Sandwich w/ Cranberry Sauce & Stuffing Green Bean & Apple Salad Peaches</p>	<p>3 Hot Dog Baked Beans Carrots Mandarin Oranges</p> <p><i>Cold Meal</i> Pesto Chicken Sandwich Garden Salad w/ Dressing Beet Salad Vanilla Pudding</p>	<p>4 Lasagna w/ Marinara Sauce Roasted Zucchini Blondie DB: Angel Food Cake</p> <p><i>Cold Meal</i> Roast Beef & Provolone w/ Lettuce Mexican Street Corn Sweet Potato Salad Fruit</p>	<p>5 Balsamic Glazed Chicken Buttered Red Bliss Potatoes Green Beans & Red Pepper Berry Crisp DB: Crisp</p> <p><i>Cold Meal</i> Egg Salad w/ Lettuce Vegetable Pasta Salad Macaroni Salad Fruit</p>
<p>8</p> <p>CLOSED Columbus Day</p>	<p>9 Yankee Pot Roast w/ Gravy Butternut Squash Golden Mashed Potatoes Banana Tea Cake DB: Angel Food Cake</p> <p><i>Cold Meal</i> Ham & Pineapple Salad w/ Lettuce Three Bean Salad Caesar Salad w/ Dressing Fruit</p>	<p>10 Pulled Pork w/ BBQ Sauce Roasted Sweet Potato Corn Cantaloupe</p> <p><i>Cold Meal</i> Tarragon Chicken Salad Roll w/ Lettuce Marinated Vegetables Italian Pasta Salad Jell-O</p>	<p>11 #1 Chicken Pot Pie w/ Gravy Steamed Potatoes Yogurt Parfait DB: Parfait #2 Beef Stew</p> <p><i>Cold Meal</i> Tuna Salad w/ Lettuce White Bean & Cucumber Salad Roasted Carrot Salad Chocolate Pudding</p>	<p>12 American Chop Suey Roasted Cauliflower Garden Salad w/ Dressing Chocolate Cookie DB: Lemon Cookie</p> <p><i>Cold Meal</i> Turkey, Cranberry, Apple Salad Sandwich w/ Lettuce Green Bean & Apple Salad Tarragon Potato Salad Fruit</p>

Menu Subject to Change

Suggested Donation \$2.00 per Meal

NAME: _____

REGULAR MILK _____

SKIM MILK _____

DIABETIC DESSERT _____

OCTOBER 2018

Administration Office 679-2201
Brentwood, NH

Rockingham Nutrition & Meals on Wheels

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>15 Sweet & Sour Pork Fried Rice Cabbage & Carrots Birthday Cake DB: Strawberry Mousse</p> <p style="text-align: center;"><i>Cold Meal</i> Roast Beef Sandwich w/ Lettuce & Cheese Butternut Squash Salad Barley Raisin Salad Fruit</p>	<p>16 #1 Baked Haddock Buttered Bliss Potatoes Broccoli Jell-O #2 Meatloaf w/ Gravy</p> <p style="text-align: center;"><i>Cold Meal</i> Deviled Egg Salad w/ Lettuce Zucchini Salad Spinach Salad w/ Dressing Fruit</p>	<p>17 Oven Fried Chicken Macaroni & Cheese Southern Greens Mandarin Oranges</p> <p style="text-align: center;"><i>Cold Meal</i> Chef Salad w/ Turkey, Egg & Cheese Sweet Potato Salad Fruit</p>	<p>18 Salisbury Steak w/ Gravy Mashed Potatoes Mixed Vegetables Brownie DB: Graham Crackers</p> <p style="text-align: center;"><i>Cold Meal</i> Chicken & Couscous Salad Mixed Green Salad w/ Dressing Roasted Vegetables Vanilla Pudding</p>	<p>19 Stuffed Pepper w/ Rustic Tomato Sauce Au Gratin Potatoes Apple Spice Cake DB: Angel Food Cake</p> <p style="text-align: center;"><i>Cold Meal</i> Chicken Salad w/ Lettuce Pepper, Corn & Bean Salad Pesto Pasta Salad Graham Crackers</p>
<p>22 Swedish Meatballs Mashed Potatoes Beets Fruit</p> <p style="text-align: center;"><i>Cold Meal</i> Turkey & Swiss Sandwich w/ Lettuce Confetti Coleslaw Italian Pasta Salad Jell-O</p>	<p>23 #1 Spinach Egg Bake California Blend Vegetables Crum Top Tomatoes Yogurt Parfait DB: Parfait #2 Liver & Onions</p> <p style="text-align: center;"><i>Cold Meal</i> Chicken Caesar Salad w/ Dressing Cucumber & Tomato Salad Pineapple</p>	<p>24 Turkey w/ Gravy Cranberry Sauce Whipped Potatoes Peas Chocolate Chip Cookie DB: Lemon Cookie</p> <p style="text-align: center;"><i>Cold Meal</i> Roast Beef & Provolone w/ Lettuce & Pickles Traditional Potato Salad Zucchini Salad Fruit</p>	<p>25 Autumn Fest Cider Braised Pork Roasted Parsnips & Red Carrot Wild Rice Blend Pumpkin Square DB: Butterscotch Pudding</p> <p style="text-align: center;"><i>Cold Meal</i> Chicken Salad Sandwich w/ Lettuce Marinated Vegetables Chickpea Salad Fruit</p>	<p>26 Chili w/ Beef & Cheese Sweet Potato Fries Jell-O</p> <p style="text-align: center;"><i>Cold Meal</i> Pesto Chicken Sandwich w/ Lettuce Greek Chickpea Salad Beet Salad Oatmeal Raisin Cookie</p>
<p>29 Beef Stew Peas & Carrots Mashed Potatoes Chocolate Mousse</p> <p style="text-align: center;"><i>Cold Meal</i> BBQ Chicken Sandwich Raisin Carrot Salad Potato Salad Coleslaw Fruit</p>	<p>30 #1 Stuffed Shells w/ Marinara Sauce Broccoli Caesar Salad w/ Dressing Coconut Cake DB: Angel Food Cake #2 Eggplant Parmesan</p> <p style="text-align: center;"><i>Cold Meal</i> Tuna Salad w/ Lettuce White Bean & Tomato Salad Pesto Pasta Salad Lemon Cookie</p>	<p>31 Shepherd's Pie w/ Peas & Corn Mashed Potato Carrots Halloween Treat DB: Chocolate Chip Cookie</p> <p style="text-align: center;"><i>Cold Meal</i> Turkey Club Sandwich w/ Lettuce & Bacon Vegetable Pasta Salad Cucumber Salad Jell-O</p>	<p>1 Ribeque w/ BBQ Sauce Baked Sweet Potato Corn w/ Red Pepper Fruit</p> <p style="text-align: center;"><i>Cold Meal</i> Chicken Caesar Salad Roll Mexican Street Corn Spinach Salad w/ Dressing Fruit</p>	<p>2 Chicken Lemon Picatta Rice Roasted Tomatoes Vanilla Pudding DB: Banana Pudding</p> <p style="text-align: center;"><i>Cold Meal</i> Pork Sandwich w/ Ham, Swiss Cheese & Pickles Rice Salad w/ Citrus Dressing Coleslaw Fruit</p>

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REGULAR MILK _____

SKIM MILK _____

DIABETIC DESSERT _____