

**ROCKINGHAM NUTRITION &  
MEALS ON WHEELS PROGRAM**



**April  
2017**



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <b>Hot Dog</b> Carrots Baked Beans Hot Dog Roll Mandarin Oranges	4 <b>#1 Stuffed Shells w/ Marinara Sauce</b> Garden Salad w/ Dressing Garlic Spinach Hearty Wheat Bread Brownie DB: Angel Food Cake <b>#2 Pork w/ Au Jus Sauce</b>	5 <b>Chicken Pot Pie w/ Peas &amp; Carrots</b> Red Bliss Potatoes Whole Wheat Bread Cantaloupe	6 <b>Rib-O w/ BBQ Sauce</b> Roasted Butternut Squash Mixed Green Salad w/ Dressing White Bread Peach Crisp DB: Baked Peaches	7 <b>#1 Fish &amp; Cheese Sandwich</b> Green Beans Sweet Potato Wedges Whole Wheat Burger Roll Vanilla Pudding DB: Chocolate Pudding <b>#2 Salisbury Steak w/ Gravy</b>
10 <b>Chicken Marsala w/ Mushrooms</b> Roasted Carrots Penne Pasta Spinach Salad w/ Dressing Scali Bread Blondie DB: Brownie	11 <b>Sweet &amp; Sour Chicken Meatballs</b> Pepper, Green Beans, Onion & Cauliflower Jasmine Rice Whole Grain Roll Oatmeal Raisin Cookie DB: Lemon Cookie	12 <b>#1 Chicken Tenders</b> Zucchini & Red Pepper O'Brien Potatoes Whole Wheat Bread Jell-O <b>#2 Fish w/ Coconut Cream Sauce</b>	13 <b>Roast Beef w/ Onion Gravy</b> Braised Red Cabbage Cheddar Whipped Potatoes Parker House Roll Sugar Cookie DB: Chocolate Chip Cookie	14 <b>#1 Sweet Potato Fish</b> Coleslaw Macaroni & Cheese Multi Grain Bread Chilled Pears <b>#2 Pulled Beef</b>
17 <b>Roast Turkey w/ Gravy</b> Mashed Potatoes Mixed Vegetables Hearty White Bread Key Lime Cookie DB: Graham Crackers	18 <b>#1 Chicken &amp; Vegetables w/ Au Jus Sauce</b> Rice Blend Hearty Wheat Bread Birthday Cake  DB: Angel Food Cake <b>#2 Balsamic Glazed Pork</b>	19 <b>Spaghetti &amp; Meatballs w/ Marinara Sauce</b> Seasoned Kale Sub Roll Cantaloupe	20 <i>Spring Celebration</i> <b>Ham &amp; Asparagus Quiche</b> Lemon Garlic Roasted Potatoes Green Beans w/ Tomatoes Spinach Salad w/ Dressing Pull Apart Roll Honey Cake DB: Blondie	21 <b>#1 Chef's Choice Fish w/ Florentine Sauce</b> Steamed Red Bliss Potatoes Greek Salad w/ Dressing Oatmeal Bread Butterscotch Pudding DB: Vanilla Pudding <b>#2 Chicken Florentine</b>
24 <b>BBQ Chicken</b> Roasted Potatoes Garden Salad w/ Dressing White Bread Mandarin Oranges	25 <b>Meatloaf w/ Gravy</b> Orange Glazed Carrots Whipped Potatoes Whole Wheat Roll Banana Tea Cake DB: Graham Crackers	26 <b>Baked Chicken w/ Gravy</b> Garlic Brussel Sprouts Half Baked Potato Corn Bread Chocolate Chip Brownie DB: Mousse	27 <b>#1 Potato Crunch Fish</b> Mixed Vegetables Roasted Sweet Potatoes Hearty Wheat Bread Yogurt Parfait DB: Parfait <b>#2 Garlic Chicken</b>	28 <b>#1 Turkey Tetrazzini</b> Broccoli Spaghetti Caesar Salad w/ Dressing Oatmeal Bread Fruit <b>#2 Spaghetti w/ Meat Sauce</b>



Menu Subject to Change



Suggested Donation \$2.00 per Meal

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

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

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

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