

**ROCKINGHAM NUTRITION &
MEALS ON WHEELS PROGRAM**



**JULY
2017**



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Terriyaki Chicken Meatballs Asian Vegetable Blend Jasmine Rice Oatmeal Bread Mandarins	4 Independence Day CLOSED 	5 Roast Beef Over Mixed Greens w/ French Dressing Barley Pea Salad Wheat Bread Carrot Cake DB: Angel Food Cake	6 #1 Orange Bourbon Chicken Whipped Potatoes Green Beans Whole Wheat Roll Jell-O #2 Roasted Turkey w/ Gravy	7 #1 American Chop Suey Caesar Salad w/ Dressing Kale Dinner Roll Oatmeal Raisin Cookie DB: Chocolate Chip Cookie #2 Garlic Chicken Roasted Potatoes
10 #1 Lemon Garlic Roasted Pork Au Gratin Potatoes Zucchini & Summer Squash Hearty Wheat Bread Brownie DB: Blondie #2 Lemon Garlic Chicken	11 Pot Roast w/ Gravy Whipped Sweet Potatoes Braised Green Cabbage Wheat Bread Yogurt Parfait w/ Berry Sauce DB: Yogurt Parfait	12 BBQ Chicken Green Beans w/ Red Pepper Potato Wedges Corn Bread Mandarin Oranges	13 <i>Summer Picnic</i> Club Sandwich w/ Turkey, Bacon, Lettuce & Tomato Tarragon Potato Salad Zucchini Slaw Kaiser Roll Lemon Cake w/ Berry Sauce DB: Angel Cake w/ Berry Sauce	14 Salisbury Steak Chef's Vegetable Medley Whipped Potatoes Oatmeal Bread Chilled Peaches
17 Chicken Mirabella Ditalini Spinach Mixed Green Salad w/ Dressing Wheat Bread Fruit Square DB: Graham Crackers	18 #1 Meatloaf w/ Gravy Cauliflower Whipped Sweet Potatoes Multi Grain Bread Chocolate Pudding DB: Vanilla Pudding #2 Rib-Q w/ BBQ Sauce	19 Hot Dog Baked Beans Coleslaw Hot Dog Roll Cantaloupe	20 Chef Salad w/ Turkey, Egg & Cheese Butternut Squash Oatmeal Bread Blondie DB: Brownie	21 #1 Chicken w/ Lemon Picatta Sauce Broccoli Pasta White Bread Birthday Cake  DB: Angel Food Cake #2 Spaghetti w/ Meatballs
24 BBQ Pulled Pork Corn Potato Wedges Hamburger Roll Chocolate Chip Cookie DB: Oatmeal Raisin Cookie	25 Stuffed Shells w/ Marinara Sauce Broccoli Garden Salad w/ Ranch Dressing Vienna Bread Chocolate Cake DB: Angel Food Cake	26 #1 Tarragon Chicken Salad w/ Lettuce Tomato & White Bean Salad Pasta Salad Wheat Hot Dog Roll Cantaloupe #2 Ham Salad	27 Roast Beef w/ Mushroom Gravy Brussel Sprouts w/ Garlic Cheddar Whipped Potatoes Rye Bread Strawberry Mousse	28 Lemon Citrus Chicken w/ Herbs Garden Peas Roasted Sweet Potatoes Wheat Roll Sticky Toffee Pudding Cake DB: Blondie
31 #1 Breaded Fish Cauliflower, Corn & Red Pepper Whipped Butternut Squash White Bread Mixed Fruit #2 Broccoli & Cheese Quiche	1 Turkey w/ Gravy Cranberry Sauce Mashed Potatoes Carrots Multi Grain Bread Oatmeal Raisin Cookie DB: Chocolate Chip Cookie	2 #1 Tuna Salad w/ Lettuce Three Bean Salad Vegetable Pasta Salad Wheat Bread Peach Cobbler DB: Baked Peaches #2 Chicken Caesar Salad	3 Meatball Sub w/ Marinara Sauce Broccoli Potato Wedges Wheat Sub Roll Coconut Cake DB: Angel Food Cake	4 Chicken Fajita w/ Pepper & Onion Black Bean & Corn Salad Spanish Rice Whole Grain Tortilla Flan Style Pudding DB: Vanilla Pudding

Menu Subject to Change

Suggested Donation \$2.00 per Meal

NAME: _____

REGULAR MILK _____

SKIM MILK _____

DIABETIC DESSERT _____