

**ROCKINGHAM NUTRITION &
MEALS ON WHEELS PROGRAM**



**April
2018**



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 #1 Beef Stew w/ Peas & Carrots Mashed Potatoes Chocolate Mousse #2 Breaded Chicken w/ Sauce</p> <p><i>Cold Meal</i> Egg Salad w/ Lettuce Sweet Potato Salad Fruit</p>	<p>3 #1 Lemon Thyme Chicken Garden Salad w/ Dressing Roasted Potatoes Fruit Crisp DB: Baked Crisp #2 BBQ Pulled Pork</p> <p><i>Cold Meal</i> Roast Beef & Provolone Beet Salad Macaroni Salad Fruit</p>	<p>4 Sweet & Sour Meatballs Fried Rice Mandarin Vegetable Blend Jell-O</p> <p><i>Cold Meal</i> Pork Sandwich w/ Spinach & Onion Marmalade Ditalini Pea Salad Marinated Vegetables Cookie</p>	<p>5 Hot Dog Baked Beans Carrots Mandarin Oranges</p> <p><i>Cold Meal</i> Turkey Gobbler Sandwich w/ Cranberry Sauce & Stuffing Green Bean Salad Chilled Peaches</p>	<p>6 Stuffed Shells w/ Marinara Sauce Roasted Cauliflower Brownie DB: Chocolate Chip Cookie</p> <p><i>Cold Meal</i> Chicken Pesto Sandwich Garden Salad w/ Dressing Macaroni Salad Vanilla Pudding</p>
<p>9 Shepherd's Pie w/ Corn & Peas Mashed Potatoes Roasted Butternut Squash Chocolate Cake DB: Angel Food Cake</p> <p><i>Cold Meal</i> Tuna Salad w/ Lettuce White Bean & Tomato Salad Carrot & Raisin Salad Fruit</p>	<p>10 #1 Chicken Marsala Roasted Carrots Rice Oatmeal Raisin Cookie DB: Chocolate Chip Cookie #2 Honey Mustard Pork</p> <p><i>Cold Meal</i> Turkey & Cheddar Sandwich w/ Lettuce Tarragon Potato Salad Pepper, Corn & Bean Salad Chilled Pears</p>	<p>11 American Chop Suey w/ Marinara Sauce Caesar Salad w/ Dressing Broccoli Fruit</p> <p><i>Cold Meal</i> Chicken Caesar Salad Wrap Barley Raisin Salad Butternut Squash Salad Jell-O</p>	<p>12 Chicken Pot Pie w/ Peas & Carrots Steamed Red Bliss Potatoes Yogurt Parfait DB: Parfait</p> <p><i>Cold Meal</i> Deviled Egg Salad w/ Lettuce Pesto Pasta Salad Zucchini Salad Chocolate Pudding</p>	<p>13 #1 Breaded Fish Macaroni & Cheese Mixed Vegetables Blondie DB: Lemon Cookie #2 Garlic Chicken</p> <p><i>Cold Meal</i> Roast Beef Sandwich w/ Lettuce & Cheese Caesar Salad w/ Dressing Traditional Potato Salad Fruit</p>

Menu Subject to Change

Suggested Donation \$2.00 per Meal

NAME: _____

REGULAR MILK _____

SKIM MILK _____

DIABETIC DESSERT _____




**April
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Brentwood, NH

Rockingham Nutrition & Meals on Wheels

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>16 Chicken w/ Supreme Sauce Mixed Vegetables Rice Pilaf Jell-O</p> <p><i>Cold Meal</i> Turkey, Cranberry, Apple Salad Sandwich w/ Lettuce Cucumber & Tomato Salad Macaroni Salad Fruit</p>	<p>17 Spaghetti & Meatballs w/ Marinara Sauce Roasted Cauliflower Double Chocolate Cookie DB: Mocha Mousse</p> <p><i>Cold Meal</i> Ham & Pineapple Salad w/ Lettuce Roasted Carrot Salad Three Bean Salad Fruit</p>	<p>18 #1 Honey Rosemary Pork Roasted Sweet Potatoes Green Beans w/ Red Pepper Coconut Cake DB: Angel Food Cake #2 Meatloaf w/ Gravy</p> <p><i>Cold Meal</i> Chicken Salad w/ Lettuce Tarragon Potato Salad Barley Raisin Salad Graham Crackers</p>	<p>19 <i>Spring Celebration</i> Ham & Asparagus Mini Quiche Spinach Salad w/ Dressing Zucchini & Squash Blend Strawberry Mousse w/ Whipped Topping</p> <p><i>Cold Meal</i> Turkey & Swiss Sandwich w/ Lettuce Confetti Coleslaw Green Bean & Apple Salad Fruit</p>	<p>20 Barber Stuffed Chicken w/ Gravy Red Bliss Potatoes Maple Glazed Carrots Mandarin Oranges</p> <p><i>Cold Meal</i> Chicken & Couscous Salad Roasted Vegetables Mixed Greens w/ Dressing Vanilla Pudding</p>
<p>23 Stuffed Pepper w/ Rustic Tomato Sauce Au Gratin Potatoes Birthday Cake  DB: Angel Food Cake</p> <p><i>Cold Meal</i> Roast Beef & Provolone w/ Lettuce & Pickles Traditional Potato Salad Zucchini Salad Fruit</p>	<p>24 BBQ Chicken Green Beans Baked Potato Mandarin Oranges</p> <p><i>Cold Meal</i> Caesar Salad w/ Chicken Italian Pasta Salad Chilled Pineapple</p>	<p>25 #1 Baked Fish Garden Salad w/ Dressing Rice Pilaf Tiramisu DB: Strawberry Mousse #2 Balsamic Glazed Chicken</p> <p><i>Cold Meal</i> Tarragon Chicken Salad Sandwich w/ Lettuce Marinated Vegetables Chickpea Salad Oatmeal Raisin Cookie</p>	<p>26 Turkey w/ Gravy Cranberry Sauce Whipped Potatoes Peas Fruit Crisp DB: Baked Crisp</p> <p><i>Cold Meal</i> Chef Salad w/ Dressing Sweet Potato Salad Fruit</p>	<p>27 #1 Salisbury Steak w/ Gravy Sweet Potatoes Corn & Red Pepper Mix Jell-O #2 Fish w/ Coconut Sauce</p> <p><i>Cold Meal</i> Pork, Ham & Swiss Sandwich Rice Salad w/ Citrus Dressing Coleslaw Fruit</p>
<p>30 #1 Lasagna w/ Marinara Sauce Peas Cantaloupe #2 Eggplant Parmesan w/ Pasta</p> <p><i>Cold Meal</i> Turkey & Cheddar Sandwich w/ Lettuce Green Bean Salad Beet Salad Pineapple</p>	<p>1 Cranberry Orange Glazed Chicken Caesar Salad w/ Dressing Rice Pilaf Apple Spice Cake DB: Angel Food Cake</p> <p><i>Cold Meal</i> Cobb Salad w/ Chicken Pesto Pasta Salad Chocolate Chip Cookie</p>	<p>2 Hot Dog Baked Beans Carrots Mandarin Oranges</p> <p><i>Cold Meal</i> Tuna Salad Sandwich w/ Lettuce Cucumber & Tomato Salad Butternut Squash Salad Fruit</p>	<p>3 Pot Roast w/ Gravy Mashed Potatoes Green Beans Chocolate Pudding DB: Vanilla Pudding</p> <p><i>Cold Meal</i> Ham & Cheese Sandwich w/ Lettuce Traditional Potato Salad Spinach Salad w/ Dressing Fruit</p>	<p>4 #1 Breaded Fish Whipped Sweet Potato Mixed Vegetables Oatmeal Raisin Cookie DB: Chocolate Chip Cookie #2 Pulled Pork</p> <p><i>Cold Meal</i> Chicken Pesto Sandwich Pasta Salad White Bean Cucumber Salad Pudding</p>

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