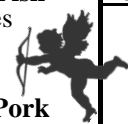



**ROCKINGHAM NUTRITION &
MEALS ON WHEELS PROGRAM**

FEBRUARY

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>5 Lasagna w/ Marinara Sauce Peas Caesar Salad</p> <p><i>Cold Meal</i> Turkey Waldorf Salad Cucumber & Tomato Salad Three Bean Salad Fresh Fruit</p>	<p>6 #1 Baked Chicken w/ Cranberry Orange Glaze Rice Pilaf Garden Salad Jell-o #2 Meatloaf w/ Gravy</p> <p><i>Cold Meal</i> Tuna Salad Over Fresh Greek Salad Macaroni Salad Vanilla Pudding</p>	<p>7 Hot Dog Baked Beans Carrots Mandarin Oranges</p> <p><i>Cold Meal</i> Egg Salad w/Lettuce Sweet Potato Salad Spinach Salad Chilled Fruit</p>	<p>8 #1 Pot Roast w/ Gravy Mashed Potatoes Green Beans Chocolate Pudding DB: Vanilla Pudding #2 Roast Turkey w/Gravy</p> <p><i>Cold Meal</i> Pork Sandwich w/Spinach & Fig Marmalade Ditalini Pea Salad Marinated Vegetables Fresh Fruit</p>	<p>9 Ribeque w/ BBQ Sauce Sweet Potato Wedges Zucchini & Red Peppers Lemon Cookie DB: Chocolate Chip Cookie</p> <p><i>Cold Meal</i> Roast Beef & Provolone w/ Lettuce & Mayo Tarragon Potato Salad Confetti Coleslaw Cookie</p>
<p>12 #1 Chicken Caccitore Pasta Mixed Green Salad #2 Spaghetti & Meatballs w/ Marinara Carrot Cake DB: Angel Food Cake</p> <p><i>Cold Meal</i> Tuna Salad w/ Lettuce Marinated Vegetables Butternut Squash Salad Fresh Fruit</p>	<p>13 Roast Beef w/ Onion Gravy Beets Cheddar Whipped Potatoes Chocolate Chip Cookie DB: Oatmeal Raisin Cookie</p> <p><i>Cold Meal</i> Turkey & Cheddar w/ Lettuce & Mayo Carrot Salad Chickpea Salad Chilled Peaches</p>	<p>14 #1 Breaded Fish Potato Wedges Peas Cantaloupe #2 BBQ Pulled Pork</p> <p><i>Cold Meal</i> Chicken Caesar Salad Barley Raisin Salad Green Beans & Apple Salad Jell-O</p>  	<p>15 <i>Valentines Special</i> Southern Style Boneless Fried Chicken Green Beans w/ Bacon Sweet Potato Casserole Chocolate Cake w/ Raspberry Puree & Whipped Topping DB: Mousse <i>Cold Meal</i> Egg Salad Sandwich Pesto Pasta Saald Beet Salad Chocolate Pudding</p>	<p>16 Spinach & Cheese Egg Bake Stewed Tomatoes Red Bliss Potatoes Yogurt Parfait DB: Parfait</p> <p><i>Cold Meal</i> Roast Beef Sandwich w/ Lettuce & Cheese Caesar Salad Potato Salad Cookie</p>

Menu Subject to Change

Suggested Donation \$2.00 per Meal

NAME: _____ REGULAR MILK _____ SKIM MILK _____ DIABETIC DESSERT _____

Health Tip- When you are craving a sweet treat, choose fruit over candy.



Fruit offers good stuff like vitamins, antioxidants & water, something candy & desserts are nutritionally void of.



**February
2018**

**Epping Site 679-1609
Sherry Savary (Site Mgr)**

Rockingham Nutrition & Meals on Wheels

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>19</p> <p align="center">CLOSED Presidents Day</p> 	<p>20</p> <p>#1 Lemon Thyme Chicken Corn & Red Peppers Roasted Potatoes Strawberry Mousse #2 Liver & Onions</p> <p align="center"><i>Cold Meal</i> <i>Ham & Pineapple Salad w/ Lettuce</i> <i>Roasted Carrot Salad</i> <i>Tomato & White Bean Salad</i> <i>Fresh Fruit</i></p>	<p>21</p> <p>Sweet & Sour Meatballs Fried Rice Asian Veggie Blend Chilled Pineapple</p> <p align="center"><i>Cold Meal</i> <i>Ham & Cheese Sandwich</i> <i>Tarragon Potato Salad</i> <i>Broccoli Pasta Salad</i></p>	<p>22</p> <p>#1 Beef Stew w/ Peas & Carrots Mashed Potatoes Fruit Crisp DB: Baked Fruit #2 Dijon Crusted Pork</p> <p align="center"><i>Cold Meal</i> <i>Turkey & Swiss Sandwich</i> <i>Corn & Bean Salad w/Peppers</i> <i>Zucchini Salad</i> <i>Chilled Fruit</i></p>	<p>23</p> <p>Stuffed Shells Marinara Sauce Roasted Cauliflower Blondie DB: Brownie</p> <p align="center"><i>Cold Meal</i> <i>Chicken & Couscous Salad</i> <i>Roasted Veggies</i> <i>Fresh Mixed Green Salad</i> <i>Vanilla Pudding</i></p>
<p>26</p> <p>Shepherd's Pie w/ Peas & Corn Mashed Potatoes Roasted Butternut Squash Birthday Cake  DB: Angel Food Cake</p> <p align="center"><i>Cold Meal</i> <i>Caesar Salad</i> <i>w/ Roasted Chicken</i> <i>Italian Pasta Salad</i> <i>Chilled Pinapple</i></p>	<p>27</p> <p>#1 Chicken Marsala w/ Mushrooms Garden Salad Rice Jell-o #2 Smothered Pork</p> <p align="center"><i>Cold Meal</i> <i>Roast Beef & Provolone w/ Lettuce & Pickels</i> <i>Potato Salad</i> <i>Confetti Coleslaw</i> <i>Chilled Fruit</i></p>	<p>28</p> <p>American Chop Suey Marinara Sauce Spinach Chocolate Chunk Cookie DB: Graham Crackers</p> <p align="center"><i>Cold Meal</i> <i>Tarragon Chicken Salad</i> <i>Sandwich w/ Lettuce</i> <i>Marinated Vegetables</i> <i>Sweet Potato Salad</i> <i>Oatmeal Raisin Cookie</i></p>	<p>1</p> <p>Chicken Pot Pie w/ Peas & Carrots Steamed Red Bliss Potatoes Yogurt Parfait DB: Parfait</p> <p align="center"><i>Cold Meal</i> <i>Chef Salad</i> <i>Turkey, Egg & Cheese on top a Garden Salad</i> <i>Pasta Salad</i> <i>Chilled Fruit</i></p>	<p>2</p> <p>#1 Breaded Fish Mac & Cheese Broccoli Cantaloupe #2 Garlic Chicken</p> <p align="center"><i>Cold Meal</i> <i>Cuban Sandwich</i> <i>Sliced Pork, Ham & Swiss</i> <i>Coleslaw</i> <i>Macaroni Salad</i> <i>Fresh Fruit</i></p>

Menu Subject to Change

Suggested Donation **\$2.00** per Meal

NAME: _____

REGULAR MILK _____

SKIM MILK _____

DIABETIC DESSERT _____