

**ROCKINGHAM NUTRITION &  
MEALS ON WHEELS PROGRAM**



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>5 <b>#1 Curry Chicken</b> Cauliflower &amp; Carrots White Rice Apple Crisp DB: Baked Apples <b>#2 Baked Pork w/ Au Jus</b></p> <p><i>Cold Meal</i> Turkey Gobbler Sandwich Green Bean Salad Chilled Peaches</p>	<p>6 <b>Spaghetti &amp; Meatballs w/ Marinara Sauce</b> Spinach Caesar Salad w/ Dressing Sugar Cookie DB: Oatmeal Raisin Cookie</p> <p><i>Cold Meal</i> Chicken Pesto Sandwich w/ Lettuce Beet Salad Macaroni Salad Vanilla Pudding</p>	<p>7 <b>Honey Rosemary Pork</b> Roasted Sweet Potatoes Green Beans w/ Pepper Peaches</p> <p><i>Cold Meal</i> Egg Salad w/ Lettuce Sweet Potato Salad Spinach Salad w/ Dressing Chilled Fruit</p>	<p>8 <b>#1 Meatloaf w/ Gravy</b> Whipped Potatoes Coconut Cake DB: Angel Food Cake <b>#2 Oven Fried Chicken</b></p> <p><i>Cold Meal</i> Pork Sandwich w/ Spinach &amp; Fig Marmalade Ditalini Pea Salad Marinated Vegetables Cookie</p>	<p>9 <b>Broccoli &amp; Cheese Bake</b> Red Bliss Potatoes Maple Glazed Carrots Jell-O</p> <p><i>Cold Meal</i> Roast Beef &amp; Provolone w/ Lettuce &amp; Mayo Tarragon Potato Salad Confetti Coleslaw Fruit</p>
<p>12 <b>Stuffed Pepper w/ Rustic Tomato Sauce</b> Au Gratin Potatoes Tiramisu DB: Angel Food Cake</p> <p><i>Cold Meal</i> Tuna Salad w/ Lettuce Garden Salad w/ Dressing Butternut Squash Salad Fruit</p>	<p>13 <b>BBO Chicken</b> Green Beans Baked Potato Mandarin Oranges</p> <p><i>Cold Meal</i> Turkey &amp; Cheddar Sandwich w/ Lettuce &amp; Mayo Carrot Salad Chickpea Salad Chilled Pears</p>	<p>14 <b>#1 Salisbury Steak w/ Gravy</b> Sweet Potatoes Corn &amp; Red Pepper Mix Jell-O <b>#2 Garlic Chicken</b></p> <p><i>Cold Meal</i> Chicken Caesar Salad Roll Barley Raisin Salad Green Bean &amp; Apple Salad Sugar Free Cookie</p>	<p>15 <i>St. Patrick's Day Special</i> <b>Corned Beef Au Jus</b> Cabbage Wedge Carrot &amp; Turnip Blend Potatoes Crème De Menthe Bar DB: Brownie</p> <p><i>Cold Meal</i> Deviled Egg Salad w/ Lettuce Pesto Pasta Salad Zucchini Salad Chocolate Pudding</p>	<p>16 <b>Baked Fish</b> Rice Pilaf Garden Salad w/ Dressing Oatmeal Raisin Cookie DB: Chocolate Chip Cookie</p> <p><i>Cold Meal</i> Roast Beef Sandwich w/ Lettuce &amp; Cheese Traditonal Potato Salad Caesar Salad w/ Dressing Fruit</p>

Menu Subject to Change

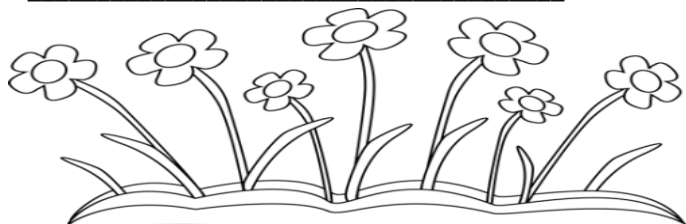
Suggested Donation \$2.00 per Meal

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

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

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

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




Administration Office 679-2201

Rockingham Nutrition & Meals on Wheels

March 2018

Brentwood, NH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>19 <b>Lasagna w/ Marinara Sauce</b> Peas Caesar Salad w/ Dressing Carrot Cake DB: Mousse</p> <p><i>Cold Meal</i> Turkey, Cranberry, Apple Salad Sandwich w/ Lettuce Cucumber &amp; Tomato Salad Macaroni Salad Fruit</p>	<p>20 <b>#1 Cranberry Orange Glazed Chicken</b> Rice Pilaf Brussel Sprouts Birthday Cake  DB: Angel Food Cake <b>#2 Eggplant Parmesan w/ Pasta &amp; Marinara Sauce</b></p> <p><i>Cold Meal</i> Ham &amp; Pineapple Salad Roasted Carrot Salad Three Bean Salad Fruit</p>	<p>21 <b>Hot Dog</b> Baked Beans Carrots Mandarin Oranges</p> <p><i>Cold Meal</i> Chicken Salad w/ Lettuce Tarragon Potato Salad Barley Raisin Salad Graham Crackers</p>	<p>22 <b>Pot Roast w/ Gravy</b> Mashed Potatoes Green Beans Chocolate Pudding DB: Vanilla Pudding</p> <p><i>Cold Meal</i> Turkey &amp; Swiss Sandwich Pepper, Corn &amp; Bean Salad Zucchini Salad Fruit</p>	<p>23 <b>#1 Breaded Fish</b> Sweet Potato Wedges Green Beans w/ Pepper Lemon Cookie DB: Chocolate Chip Cookie <b>#2 Pulled Pork</b></p> <p><i>Cold Meal</i> Chicken &amp; Couscous Salad Roasted Vegetables Mixed Greens w/ Dressing Vanilla Pudding</p>
<p>26 <b>Chicken Caccitore w/ Peppers &amp; Onions</b> Mixed Green Salad w/ Dressing Oreo Brownie DB: Oatmeal Raisin Cookie</p> <p><i>Cold Meal</i> Roast Beef &amp; Provolone w/ Pickles &amp; Lettuce Traditional Potato Salad Confetti Coleslaw Fruit</p>	<p>27 <b>Roast Beef w/ Onion Gravy</b> Cheddar Whipped Potatoes Beets Apple Spice Cake DB: Angel Food Cake</p> <p><i>Cold Meal</i> Caesar Salad w/ Chicken Italian Pasta Salad Pineapple</p>	<p>28 <b>#1 Rib-O w/ BBQ Sauce</b> Zucchini &amp; Red Pepper Sweet Potato Wedges Pineapple <b>#2 Honey Lime Chicken</b></p> <p><i>Cold Meal</i> Tarragon Chicken Salad Marinated Vegetables Sweet Potato Salad Oatmeal Raisin Cookie</p>	<p>29 <b>#1 Roasted Turkey w/ Cranberry Sauce</b> Whipped Potatoes Peas Peach Cobbler DB: Baked Peaches <b>#2 Liver &amp; Onions</b></p> <p><i>Cold Meal</i> Pork, Ham &amp; Swiss Sandwich Rice Salad w/ Citrus Dressing Coleslaw Fruit</p>	<p>30 <b>Spinach &amp; Cheese Bake</b> Stewed Tomatoes Red Bliss Potatoes Yogurt Parfait DB: Parfait</p> <p><i>Cold Meal</i> Chef Salad w/ Turkey, Egg &amp; Cheese Pasta Salad Fruit</p>

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