

**ROCKINGHAM NUTRITION &
MEALS ON WHEELS PROGRAM**



**August
2017**



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 Hamburger Roasted Potatoes Garlic Spinach Hamburger Bun Double Chocolate Cookie DB: Oatmeal Raisin Cookie	8 Grilled Chicken Over Orzo Salad w/ Red Peppers Cucumber, Tomato, Feta Salad Pita Bread Lemon Square DB: Graham Crackers	9 #1 Baked Haddock Garden Salad w/ Dressing Rice Pilaf Oatmeal Bread Chilled Pears #2 Rib-Q w/ BBQ Sauce	10 Chicken Pot Pie w/ Peas & Carrots Red Bliss Potatoes Whole Wheat Roll Vanilla Pudding DB: Chocolate Pudding	11 #1 Sweet & Sour Pork Fried Rice w/ Garlic, Ginger, Peas & Soy Sauce Broccoli Multi Grain Bread Pineapple Cake DB: Angel Food Cake #2 Sweet & Sour Chicken
14 #1 Turkey Waldorf Salad w/ Lettuce Roasted Carrot Salad Pasta Salad Oatmeal Bread Brownie DB: Blondie #2 Ham Salad	15 Teriyaki Chicken Meatballs Asian Vegetable Blend Jasmine Rice White Bread Chilled Mandarin	16 Orange Bourbon Chicken Whipped Potatoes Green Beans Whole Wheat Roll Jello	17 Lobster Special #1 Roast Beef Sandwich w/ Lettuce Potato Salad Corn & Zucchini Salad Toffee Chocolate Chunk Cookie DB: Cookie #2 Lobster Roll	18 American Chop Suey Caesar Salad w/ Dressing Roasted Vegetables Vienna Bread Birthday Cake DB: Strawberry Mousse
21 #1 Rib-Q w/ BBQ Sauce Au Gratin Potatoes Zucchini & Squash w/ Pepper Hearty Wheat Bread Apple Sauce #2 Broccoli & Cheese Quiche	22 Pot Roast w/ Gravy Whipped Sweet Potatoes Braised Green Cabbage White Bread Chocolate Chip Cookie DB: Oatmeal Raisin Cookie	23 #1 BBQ Chicken Green Beans w/ Red Pepper Potato Wedges Corn Bread Apple Crisp DB: Baked Apples #2 Liver & Onions	24 Egg Salad Sandwich w/ Lettuce & Tomato Vegetable Pasta Salad Barley Pea Salad Wheat Bread Key Lime Cookie DB: Chocolate Chip Cookie	25 Lasagna Roll-Up w/ Marinara Sauce Mixed Greens w/ Dressing Oatmeal Bread Yogurt Parfait DB: Parfait
28 #1 Chicken Mirabella Ditalini Spinach Wheat Bread Carrot Cake DB: Angel Food Cake #2 Roast Pork w/ Au Ju Sauce	29 Meatloaf w/ Gravy Whipped Sweet Potatoes Cauliflower Multi Grain Bread Chocolate Pudding DB: Vanilla Pudding	30 Hot Dog Coleslaw Baked Beans Hot Dog Roll Cantaloupe	31 Chef Salad w/ Turkey, Egg & Cheese Butternut Squash Salad Oatmeal Bread Blondie DB: Brownie	1 #1 Potato Crunch Fish Chef's Vegetable Medley Whipped Potatoes White Bread Fruit Square DB: Graham Crackers #2 Greek Chicken



Menu Subject to Change

Suggested Donation \$2.00 per Meal

NAME: _____

REGULAR MILK _____

SKIM MILK _____

DIABETIC DESSERT _____