

**ROCKINGHAM NUTRITION &
MEALS ON WHEELS PROGRAM**



**December
2017**



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Broccoli Cheddar Bake Breakfast Potatoes Stewed Tomatoes Hearty Wheat Bread Yogurt Parfait DB: Parfait	5 #1 Mild Chili Con Carne Potato Wedges Corn Bread Cantaloupe #2 Garlic Chicken	6 Salisbury Steak w/ Gravy Mashed Potatoes Spinach Whole Wheat Dinner Roll Lemon Cookie DB: Chocolate Chip Cookie	7 Turkey w/ Gravy Cranberry Sauce Stuffing Roasted Winter Squash Multi Grain Bread Blondie DB: Brownie	8 #1 Chicken Parmesan Pasta Green Beans & Red Pepper Garden Salad w/ Dressing White Bread Chocolate Pudding DB: Vanilla Pudding #2 Eggplant Parmesan
11 Stuffed Shells w/ Marinara Sauce Broccoli Cauliflower Blend Spinach Salad w/ Dressing Whole Wheat Dinner Roll Chilled Fruit	12 Chicken w/ Lemon Picatta Sauce Au Gratin Potatoes Capri Blend Vegetables Oatmeal Bread Tiramisu  DB: Angel Food Cake	13 Beef Stew w/ Peas & Carrots Mashed Potatoes Biscuit Double Chocolate Cookie DB: Oatmeal Cookie	14 <i>Holiday Special</i> Roasted Sirloin w/ Gravy Roasted Red Bliss Potatoes Garlic Green Beans Parker House Roll Upside Down Berry Cheesecake DB: Cheesecake	15 #1 Swedish Meatballs w/ Gravy Mashed Potatoes Beets Rye Bread Banana Pudding DB: Vanilla Pudding #2 BBQ Pulled Pork
18 #1 Potato Crunch Fish Green Beans & Red Pepper Sweet Potato Wedges Whole Wheat Bread Brownie DB: Graham Crackers #2 Chicken Tenders	19 American Chop Suey w/ Marinara Sauce Mixed Vegetables Caesar Salad w/ Dressing Vienna Bread Chilled Fruit	20 #1 Boneless Pork Chop w/ Cider & Onion Gravy Whipped Potatoes Spinach White Bread Birthday Cake DB: Angel Food Cake  #2 Baked Fish	21 Chicken Pot Pie w/ Peas & Carrots Steamed Potatoes Whole Wheat Dinner Roll Yogurt Parfait DB: Parfait	22 Turkey Divan Rotini Broccoli Oatmeal Bread Fruit Cup DB: Baked Crisp
25 CLOSED Happy Holiday's! 	26 #1 Boneless Chicken w/ Tangy Cranberry Sauce Rice Pilaf  Brussel Sprouts Whole Wheat Bread Chocolate Pudding DB: Vanilla Pudding #2 Dijon Crusted Pork	27 Hot Dog Baked Beans Coleslaw Hot Dog Roll Mandarin Oranges	28 #1 Meatloaf w/ Gravy Cheddar Whipped Potatoes Peas Whole Wheat Roll Apple Spice Cake DB: Baked Apples #2 Chicken w/ Supreme Sauce	29 Lasagna w/ Marinara Sauce Green Beans & Red Pepper Mixed Green Salad w/ Dressing Multi Grain Bread Chilled Fruit



Menu Subject to Change

Suggested Donation \$2.00 per Meal

NAME: _____

REGULAR MILK _____

SKIM MILK _____

DIABETIC DESSERT _____