

**ROCKINGHAM NUTRITION &
MEALS ON WHEELS PROGRAM**



**January
2018**



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1] CLOSED New Year's Day</p> <p>2018</p>	<p>2] #1 Roast Beef w/ Gravy Chuck wagon Corn Golden Mashed Potatoes Whole Wheat Bread Butterscotch Pudding DB: Chocolate Pudding #2 Fish w/ Coconut Sauce</p>	<p>3] Chicken Meatballs w/ Teriyaki Glaze Fried Rice Cabbage & Carrots Multi Grain Bread Mandarins</p>	<p>4] Chicken Pot Pie w/ Peas & Carrots Steamed Potatoes Dinner Roll Sugar Cookie DB: Oatmeal Cookie</p>	<p>5] Lasagna w/ Marinara Sauce Green Beans & Red Pepper Whole Wheat Bread Apple Crisp DB: Baked Apples</p>
<p>8] American Chop Suey Cauliflower White Bread Oatmeal Raisin Cookie DB: Chocolate Chip Cookie</p>	<p>9] #1 Potato Crunch Fish Mashed Potatoes Glazed Carrots Oatmeal Bread Jell-O #2 Balsamic Citrus Glazed Chicken</p>	<p>10] Roasted Chicken Macaroni & Cheese Kale & Spinach Hearty Wheat Bread Coconut Cake DB: Angel Food Cake</p>	<p>11] #1 Dijon Crusted Pork w/ Gravy Roasted Sweet Potatoes Broccoli Rye Bread Apple Sauce #2 Salisbury Steak w/ Gravy</p>	<p>12] Turkey A La King Mushroom & Red Pepper Rice Peas Wheat Bread Chocolate Chunk Cookie DB: Oatmeal Raisin Cookie</p>
<p>15] CLOSED Martin Luther King Jr. Day</p>	<p>16] #1 Broccoli Cheddar Bake Breakfast Potatoes Stewed Tomatoes Vienna Bread Yogurt Parfait DB: Parfait #2 BBQ Pulled Pork</p>	<p>17] Turkey w/ Gravy Cranberry Sauce Stuffing Peas Multi Grain Bread Blondie DB: Brownie</p>	<p>18] <i>Hawaiian Luau</i> Ham w/ Pineapple Sauce Island Style Fried Rice Oriental Vegetable Blend Hearty White Bread Luau Cake DB: Banana Pudding</p>	<p>19] Meatballs w/ Marinara Sauce Pasta Green Beans & Red Pepper Wheat Dinner Roll Chilled Fruit</p>
<p>22] Beef Stew Peas & Carrots Mashed Potatoes Biscuit Birthday Cake DB: Angel Food Cake</p> 	<p>23] #1 Stuffed Shells w/ Marinara Sauce Broccoli Cauliflower Blend Caesar Salad w/ Dressing Vienna Bread Apple Sauce #2 Eggplant Parmesan Pasta</p>	<p>24] Lemon Chicken Picatta Baked Tomato Rice Multi Grain Bread Carrot Cake DB: Graham Crackers</p>	<p>25] #1 Baked Haddock Roasted Potato Capri Blend Whole Wheat Roll Lemon Cookie DB: Chocolate Chip Cookie #2 Country Fried Chicken w/ Gravy</p>	<p>26] Swedish Meatballs w/ Gravy Mashed Potatoes Peas Rye Bread Chocolate Pudding DB: Vanilla Pudding</p>
<p>29] Turkey Divan Rotini Broccoli Caesar Salad w/ Dressing Oatmeal Bread Chilled Fruit</p>	<p>30] #1 Breaded Fish Green Beans & Red Pepper Roasted Squash Whole Wheat Bread Apple Crisp DB: Baked Crisp #2 Meatloaf w/ Gravy</p>	<p>31] Ham & Cheddar Bake Steamed Red Bliss Potatoes Peas Whole Wheat Dinner Roll Yogurt Parfait DB: Parfait</p>	<p>1] #1 Garlic Chicken Whipped Golden Potatoes Kale & Spinach White Bread Tiramisu DB: Blondie #2 Dijon Crusted Pork</p>	<p>2] Mild Chili Con Carne w/ Veggies Potato Wedges Corn Bread Jell-O</p>

Menu Subject to Change

Suggested Donation \$2.00 per Meal

NAME: _____

REGULAR MILK _____

SKIM MILK _____

DIABETIC DESSERT _____