



**ROCKINGHAM NUTRITION &
MEALS ON WHEELS PROGRAM**



**June
2017**



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 Chicken Mirabella Ditalini Pasta Spinach Wheat Bread Coconut Cake DB: Angel Food Cake	6 #1 Meatloaf w/ Gravy Cauliflower Whipped Sweet Potatoes Multi Grain Bread Chocolate Pudding DB: Vanilla Pudding #2 Chicken Tenders	7 Hot Dog Baked Beans Coleslaw Hot Dog Roll Cantaloupe	8 Chef Salad w/ Turkey, Egg & Cheese Garden Salad w/ Dressing Butternut Squash Salad Hearty White Bread Blondie DB: Brownie	9 #1 Breaded Fish Vegetable Medley Whipped Potatoes Oatmeal Bread Chilled Peaches #2 Greek Style Chicken
12 Roast Beef w/ Mushroom Gravy Roasted Brussel Sprouts Whipped Potatoes Rye Bread Strawberry Mousse	13 Stuffed Shells w/ Marinara Sauce Roasted Zucchini Garden Salad w/ Dressing Vienna Bread Birthday Cake DB: Angel Food Cake 	14 #1 Tarragon Chicken Salad w/ Lettuce Tomato White Bean Salad Pasta Salad Wheat Hot Dog Roll Cantaloupe #2 Ham Salad	15 <i>Father's Day Special</i> BBQ Pulled Beef Baked Beans Roasted Vegetables Dinner Roll Blueberry Parfait DB: Parfait	16 Lemon Citrus Chicken Garden Peas Roasted Sweet Potatoes Wheat Roll Fruit Square DB: Graham Crackers
19 #1 Breaded Fish Cauliflower, Corn & Red Pepper Whipped Butternut Squash Hearty White Bread Oatmeal Raisin Cookie DB: Chocolate Chip Cookie #2 BBQ Pulled Pork	20 Meatball Sub w/ Marinara Sauce Broccoli Potato Wedges Wheat Sub Roll Banana Tea Cake DB: Brownie	21 Turkey w/ Gravy Cranberry Sauce Mashed Potatoes Roasted Zucchini Multi Grain Bread Apple Sauce 	22 #1 Tuna Salad w/ Lettuce Three Bean Salad Vegetable Pasta Salad Wheat Bread Chocolate Cake DB: Angel Food Cake #2 Chicken Salad	23 Chicken Fajita w/ Peppers & Onions Black Beans & Corn Spanish Rice Whole Grain Tortilla Flan Style Pudding DB: Vanilla Pudding
26 #1 Hamburger Spinach Salad w/ Dressing Roasted Potatoes Hamburger Bun Chocolate Chip Cookie DB: Oatmeal Cookie #2 Balsamic Glazed Chicken	27 Chilled Herb Chicken Over Orzo w/ Peppers Cucumber, Tomato, Feta Salad Pita Bread Lemon Square DB: Graham Crackers	28 #1 Baked Haddock Broccoli Rice Pilaf Oatmeal Bread Sticky Toffee Pudding Cake DB: Blondie #2 Rib-Q	29 Chicken Pot Pie w/ Peas & Carrots Red Bliss Potatoes Whole Wheat Roll Vanilla Pudding DB: Chocolate Pudding	30 Sweet & Sour Pork Carrots Fried Rice w/ Egg Multi Grain Bread Chilled Pineapple



Please be aware of signs of dehydration:
Confusion, Difficulty Walking, Dizziness Or Headaches, Sunken Eyes, Inability To Sweat Or Produce Tears, Rapid Heart Rate, Low Blood Pressure, Low Urine Output, Constipation.



Menu Subject to Change

Suggested Donation **\$2.00** per Meal

NAME: _____

REGULAR MILK _____

SKIM MILK _____

DIABETIC DESSERT _____