

**ROCKINGHAM NUTRITION &
MEALS ON WHEELS PROGRAM**



**MAY
2017**



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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	#1 Meatballs w/ Country Gravy Mashed Potatoes Peas Whole Wheat Roll Vanilla Cake DB: Oatmeal Raisin Cookie #2 Turkey w/ Gravy	2	Apricot Glazed Chicken Braised Purple Cabbage Roasted Butternut Squash Oatmeal Bread Blondie DB: Graham Crackers	3	Hot Dog Baked Beans Coleslaw Hot Dog Roll Mandarin Oranges	4	Lasagna Roll w/ Meat Sauce Broccoli Mixed Vegetables Whole Wheat Roll Chocolate Pudding DB: Vanilla Pudding	5	#1 Potato Crunch Fish Green Beans w/ Red Pepper Cheddar Whipped Potatoes Rye Bread Apple Spice Cake DB: Angel Food Cake #2 Meatloaf w/ Gravy
8	#1 Chicken Calcutta Cauliflower, Carrots & Peas White Rice Dinner Roll Brownie DB: Blondie #2 Honey Mustard Pork	9	Pot Roast Mashed Potatoes Roasted Beets Oatmeal Bread Yogurt Parfait DB: Parfait	10	Pork Ragout Penne Pasta Green & Yellow Beans Spinach Salad w/ Dressing Wheat Bread Cantaloupe	11	<i>Mother's Day Special</i> Stuffed Chicken w/ Supreme Sauce Zucchini & Squash Blend Au Gratin Potatoes Multi Grain Bread Strawberry Shortcake w/ Whipped Topping 	12	Spinach & Cheese Quiche Breakfast Potatoes Garden Salad w/ Dressing Raisin Bread Oatmeal Raisin Cookie DB: Chocolate Chip Cookie
15	Beef Burgundy w/ Onions Peas Noodles Wheat Bread Key Lime Cookie DB: Graham Crackers	16	#1 Fish & Cheese Sweet Potato Wedges Mixed Green Salad w/ Dressing Whole Wheat Burger Roll Jell-O #2 Chicken w/ Balsamic Glaze Whole Wheat Dinner Roll	17	Chicken Pot Pie w/ Peas & Carrots Red Bliss Potatoes White Bread Carrot Cake DB: Chocolate Pudding	18	#1 Stuffed Shells w/ Marinara Sauce Garlic Spinach Garden Salad w/ Dressing Hearty Wheat Bread Brownie DB: Angel Food Cake #2 Fish w/ Coconut Sauce	19	Rib-O w/ BBQ Sauce Green Beans Roasted Potatoes White Bread Apple Sauce
22	Chicken Marsala w/ Mushrooms Penne Pasta Caesar Salad w/ Dressing Scali Bread Birthday Cake DB: Angel Food Cake 	23	Sweet & Sour Meatballs Peppers, Green Beans, Onion & Cauliflower Blend Jasmine Rice Whole Grain Roll Chilled Pineapple	24	Roast Beef w/ Onion Gravy Braised Red Cabbage Cheddar Whipped Potatoes Parker House Roll Sugar Cookie DB: Chocolate Chip Cookie	25	#1 Breaded Fish Macaroni & Cheese Coleslaw Multi Grain Bread Fruit Square DB: Graham Crackers #2 BBQ Pulled Pork	26	#1 Chicken Tenders Zucchini & Red Pepper Roasted Butternut Squash Whole Wheat Bread Jell-O #2 Salisbury Steak w/ Gravy
29	 MEMORIAL DAY CLOSED	30	Chicken & Winter Vegetables w/ Au Ju Sauce Rice Blend Hearty Wheat Bread Butterscotch Pudding DB: Vanilla Pudding	31	Meatball Sub w/ Marinara Sauce Sweet Potato Wedges Spinach Salad w/ Dressing Sub Roll Chilled Peaches	1	#1 Roast Turkey w/ Gravy Whipped Squash Peas Wheat Bread Chocolate Chip Brownie DB: Strawberry Mousse #2 Liver & Onions	2	#1 Fish w/Florentine Sauce Corn Steamed Red Potatoes Oatmeal Bread Berry Crisp DB: Baked Pears #2 Roasted Chicken

Menu Subject to Change

Suggested Donation \$2.00 per Meal

NAME: _____

REGULAR MILK _____

SKIM MILK _____

DIABETIC DESSERT _____