

**ROCKINGHAM NUTRITION &  
MEALS ON WHEELS PROGRAM**

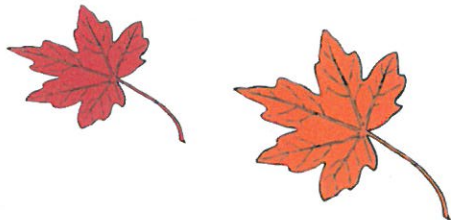


**September  
2017**

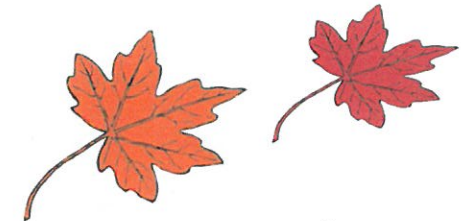


**Administration Office 679-2201  
Brentwood, NH**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 <b>CLOSED</b> Labor Day	5 <b>Stuffed Shells w/ Marinara Sauce</b> Broccoli Garden Salad w/ Dressing Vienna Bread Chocolate Cake DB: Angel Food Cake	6 <b>#1 Chicken Salad w/ Lettuce</b> Pasta Salad Tomato & White Bean Salad Wheat Hot Dog Roll Brownie DB: Graham Crackers <b>#2 Ham Salad</b>	7 <i>Fall Special</i> <b>Pot Roast w/ Dill Carrots &amp; Gravy</b> Cheddar Whipped Potatoes Rye Bread Chocolate Mousse w/ Whipped Cream & Oreos DB: Strawberry Mousse	8 <b>Lemon Citrus Chicken w/ Herbs</b> Garden Peas Roasted Sweet Potatoes Wheat Roll Mandarin Oranges
11 <b>#1 Breaded Fish</b> Cauliflower, Corn & Pepper Whipped Butternut Squash White Bread Mixed Fruit  <b>#2 Broccoli &amp; Cheddar Quiche</b>	12 <b>Turkey w/ Gravy</b> Cranberry Sauce Mashed Potatoes Carrots Multi Grain Bread Chocolate Chip Cookie DB: Lemon Cookie	13 <b>#1 Tuna Salad w/ Lettuce</b> Three Bean Salad Vegetable Pasta Salad Wheat Bread Birthday Cake  DB: Angel Food Cake <b>#2 Tarragon Chicken Salad</b>	14 <b>Meatball Sub w/ Marinara Sauce</b> Broccoli Potato Wedges Wheat Sub Roll Peach Cobbler DB: Baked Peaches	15 <b>Chicken Fajita w/ Peppers &amp; Onions</b> Spanish Rice Black Beans & Corn Whole Grain Tortilla Flan Pudding
18 <b>Hamburger</b> Garlic Spinach Roasted Potatoes Hamburger Bun Fruit Square DB: Graham Crackers	19 <b>Chicken Pot Pie w/ Peas &amp; Carrots</b> Red Bliss Potatoes Whole Wheat Roll Chilled Fruit	20 <b>#1 Baked Haddock</b> Rice Pilaf Garden Salad w/ Dressing Oatmeal Bread Yogurt Parfait DB: Parfait <b>#2 Rib-Q</b>	21 <b>#1 Chicken Parmesan w/ Marinara Sauce</b> Fettucini Noodles Zucchini & Summer Squash Garlic Bread Tiramisu DB: Angel Food Cake <b>#2 Spaghetti &amp; Meatballs</b>	22 <b>Sweet &amp; Sour Pork</b> Rice w/ Garlic, Ginger, Soy Sauce & Scrambled Egg Carrots Multi Grain Bread Jell-O
25 <b>#1 BBQ Pulled Pork</b> Green Beans Potato Wedges Whole Wheat Burger Bun Chilled Pineapples <b>#2 Meatloaf w/ Gravy</b>	26 <b>Teriyaki Chicken Meatballs</b> Asian Veggie Blend Jasmine Rice White Bread Carrot Cake DB: Angel Food Cake	27 <b>Roast Beef Over Mixed Greens w/ Dressing</b> Barley Pea Salad Wheat Bread Blondie DB: Brownie	28 <b>#1 Orange Bourbon Chicken</b> Whipped Potatoes Green Beans Whole Wheat Roll Jell-O <b>#2 Honey Mustard Pork</b>	29 <b>American Chop Suey</b> Caesar Salad w/ Dressing Kale Bread Stick Oatmeal Raisin Cookie DB: Chocolate Chip Cookie



**Happy Fall**



Menu Subject to Change

Suggested Donation \$2.00 per Meal

NAME: \_\_\_\_\_

REGULAR MILK \_\_\_\_\_

SKIM MILK \_\_\_\_\_

DIABETIC DESSERT \_\_\_\_\_