





**ROCKINGHAM NUTRITION &  
MEALS ON WHEELS PROGRAM**

**JULY  
2021**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>5</p> <p><b>Closed 4th of July Observance</b></p> 	<p>6</p> <p><b>#1 Chicken Nuggets</b> Capri Blend Vegetables Homestyle Potatoes Biscuit Oatmeal Crème Pie <b>#2 Cheese Omelet</b></p> 	<p>7</p> <p><b>Oven Fried Chicken</b> Country Gravy Whipped Seet Potato Corn &amp; Black Beans Multigrain Bread Brownie</p> <p><i>Cold Meal</i> <b>Cheese Tortellini &amp; Chicken</b> Beet Salad  Macaroni Salad Multi Grain Bread Chilled Apricots</p>	<p>8</p> <p><b>Swedish Meatballs</b> Egg Noodles Mixed Vegetables Dinner Roll Fresh Melon</p> <p><i>Cold Meal</i> <b>Chicken Caesar Salad</b> w/Parmesan &amp; Croutons Carrot Raisin Salad Wheat Dinner Roll Cookie</p>	<p>9</p> <p><b>#1 Baked Haddock</b> Homestyle Potatoes Spinach Wheat Bread Cookie <b>#2 BBQ Beef</b></p> <p><i>Cold Meal</i> <b>The Dagwood Sandwich</b> Ham, Turkey &amp; Salami Tomato &amp; Pepper Salad Cole slaw Rye Bread/Vanilla Pudding</p>
<p>12</p> <p><b>#1 Chicken Cacciatore</b> Pasta Brussel Sprouts Wheat Bread Cookie <b>#2 Sausage w/Peppers and Onions</b></p> 	<p>13</p> <p><b>#1 Chicken Fajita</b> Peppers &amp; Onions Spanish Rice Black Beans &amp; Corn Tortilla Apricots <b>#2 Beef &amp; Bean Burrito</b></p> <p><i>Cold Meal</i> <b>Chicken &amp; Couscous Salad</b> Rstd. Red Pepper Hummus Cole slaw Wheat Bread Apple</p>	<p>14</p> <p><b>Baked Ziti w/Beef</b> Vegetable Blend Garden Salad Whole Wheat Bread Jello</p> <p><i>Cold Meal</i> <b>Ham &amp; Swiss Sandwich</b> German Potato Salad Zucchini Salad Rye Bread Sugar Cookie</p>	<p>15</p> <p><i>Summer Picnic</i> <b>Pulled Pork</b> Baked Potato w/Broccoli, Sour Cream &amp; Bacon Bits Cucumber &amp; Tomato Salad Bulky Roll Strawberry Shortcake</p> <p><i>Cold Meal</i> <b>Turkey &amp; Cheese Sandwich</b> Coleslaw Ditalini Pea Salad Multigrain Bread Chocolate Pudding</p>	<p>16</p> <p><b>Cheeseburger</b> Baked Beans Carrots Wheat Burger Roll Chocolate Chip Cookie</p> <p><i>Cold Meal</i> <b>Tuna Salad Sandwich</b> Rice Salad Spinach Salad Club Roll Mandarin Oranges</p>

Menu Subject to Change

Suggested Donation \$3.00 per Meal

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

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

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

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





**Look on the back**

# JULY 2021

Administration Office 679-2201

Brentwood, NH

## Rockingham Nutrition & Meals on Wheels

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>19 <b>#1 Vegetable Lasagna</b> Green Beans Whole Wheat Bread Jello <b>#2 Chicken w/ Rice Casserole</b></p> <div style="text-align: center;"></div>	<p>20 <b>#1 Beef Chili</b> Scalloped Potatoes Brussel Sprouts Biscuit Birthday Cake <b>#2 Baked Ham</b></p> <div style="text-align: center;"></div> <p style="text-align: center;"><i>Cold Meal</i> Ham &amp; Pineapple Salad Corn, Bean &amp; Pepper Salad Vegetable Salad Wheat Bread Chocolate Chip Cookie</p>	<p>21 <b>Cheese Manicotti</b> Marinara Sauce Broccoli Greek Salad Rye Bread Vanilla Pudding</p> <div style="text-align: center;"></div> <p style="text-align: center;"><i>Cold Meal</i> Chef Salad w/Turkey Sweet Potato Salad Wheat Dinner Roll Chilled Apricots</p>	<p>22 <b>Roasted Turkey</b> Gravy Mashed Potatoes Peas w/Pearl Onions Whole Wheat Roll Brownie</p> <p style="text-align: center;"><i>Cold Meal</i> Egg Salad Citrus Rice Salad Apples &amp; Zucchini Multigrain Bread Chocolate Brownie</p>	<p>23 <b>#1 Mediterranean Haddock</b> Lyonnaise Potatoes Capri Blend Vegetables Wheat Roll/Wheat Bread Pineapple <b>#2 Pulled Pork</b></p> <p style="text-align: center;"><i>Cold Meal</i> BBQ Chicken Salad Sand. Dill Potato Salad Red Cabbage &amp; Grape Salad Club Roll Jello</p>
<p>26 <b>#1 Beef Stew</b> Spinach Corn Bread Fudge Round <b>#2 Tex Mex Chicken</b></p> <div style="text-align: center;"></div>	<p>27 <b>Spaghetti &amp; Meatballs</b> Marinara Sauce Bean Blend Vegetables Whole Wheat Bread Diced Peaches</p> <p style="text-align: center;"><i>Cold Meal</i> Turkey Club Sandwich Traditional Potato Salad Bean Salad Multigrain Bread Brownie</p>	<p>28 <b>Oriental Chicken</b> Seasoned Rice Mixed Vegetables Biscuit Fresh Melon</p> <p style="text-align: center;"><i>Cold Meal</i> Roast Beef &amp; Swiss Vegetable Salad Dill Pickle Pasta Salad Whole Wheat Bread Mandarin Oranges</p>	<p>29 <b>Meatloaf</b> Gravy Mashed Potatoes Peas Multigrain Bread Applesauce Cake</p> <p style="text-align: center;"><i>Cold Meal</i> Seafood Salad Sandwich Rice Salad Spinach Salad Oatmeal Bread Vanilla Pudding</p>	<p>30 <b>#1 Potato Crusted Fish</b> Parslied Red Potatoes Carrots Dinner Roll Cookie <b>#2 Spinach Frittata</b></p> <p style="text-align: center;"><i>Cold Meal</i> Cuban Sandwich Beet Salad Carrot Dill Salad Club Roll Cookie</p>

Menu Subject to Change

Suggested Donation **\$3.00** per Meal

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

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

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

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