



**ROCKINGHAM NUTRITION &  
MEALS ON WHEELS PROGRAM**

**APRIL  
2021**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>5 <b>#1 Spaghetti w/Meatballs</b> Marinara Sauce Green Beans Bread Stick Pudding <b>#2 Chicken Parmesan</b></p> 	<p>6 <b>#1 Oriental Chicken</b> White Rice Carrots Rye Bread Mandarin Oranges <b>#2 Teriyaki Beef</b></p> <p><i>Cold Meal</i> Chicken Salad Sandwich Potato Salad w/Egg Three Bean Salad Wheat Bread Oatmeal Raisin Cookie</p>	<p>7 <b>Oven Fried Chicken</b> Country Gravy Whipped Potatoes Corn &amp; Black Beans Multigrain Bread Oatmeal Crème Pie</p> <p><i>Cold Meal</i> Turkey Cordon Bleu Sand. Beet Salad Macaroni Salad Sandwich Roll Chilled Apricots</p>	<p>8 <b>Meatball Stew</b> Mixed Vegetables Dinner Roll Brownie</p> <p><i>Cold Meal</i> Grilled Chicken Caesar Salad Carrot Raisin Salad Wheat Dinner Roll Cookie</p>	<p>9 <b>#1 Mediterranean Haddock</b> Homestyle Potatoes Wheat Bread Cookie <b>#2 BBQ Beef</b></p> <p><i>Cold Meal</i> The Dagwood Sandwich Tomato &amp; Pepper Salad Coleslaw Rye Bread Vanilla Pudding</p>
<p>12 <b>#1 Chicken Cacciatore</b> Pasta Brussel Sprouts Wheat Bread Cookie <b>#2 BBQ Kielbasa</b></p> 	<p>13 <b>#1 Chicken Fajita</b> w/Peppers &amp; Onions Spanish Rice Black Beans &amp; Corn Tortilla Jello <b>#2 Beef &amp; Bean Burrito</b></p> <p><i>Cold Meal</i> Chicken &amp; Couscous Salad Rstd. Red Pepper Hummus Cucumber &amp; Tomato Salad Wheat Bread Apple</p>	<p>14 <b>Baked Ziti w/Beef</b> Broccoli Whole Wheat Bread Apricots</p> <p><i>Cold Meal</i> Ham &amp; Swiss Sandwich German Potato Salad Zucchini Salad Rye Bread Sugar Cookie</p>	<p>15 <i>Spring Fling Special</i> <b>Ham, Asparagus &amp; Swiss Quiche</b> Rstd. Red Bliss Potatoes Herbed Summer Squash Parker House Roll Spiced Honey Cake</p> <p><i>Cold Meal</i> Turkey &amp; Cheese Sandwich Coleslaw Ditalini Pea Salad Multigrain Bread Chocolate Pudding</p>	<p>16 <b>Cheeseburger</b> Baked Beans California Blend Vegetables Wheat Burger Roll Choc. Chip Cookie</p> <p><i>Cold Meal</i> Tuna Salad Sandwich Rice Salad Spinach Salad w/Dressing Sandwich Roll Mandarin Oranges</p>

Menu Subject to Change

Suggested Donation \$3.00 per Meal

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

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

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




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

**Look On Back**

# APRIL 2021

Administration Office 679-2201  
Brentwood, NH

## Rockingham Nutrition & Meals on Wheels

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>19 <b>#1 Baked Lasagna</b> Marinara Sauce Green Beans Whole Wheat Bread Jello <b>#2 Chicken &amp; Rice Casserole</b></p> 	<p>20 <b>#1 Beef Chili</b> Scalloped Potatoes Brussel Sprouts Biscuit Birthday Cake <b>#2 Baked Ham</b></p>  <p style="text-align: center;"><i>Cold Meal</i> Ham &amp; Pineapple Salad Corn, Pepper &amp; Bean Salad Vegetable Salad Wheat Bread Choc. Chip Cookie</p>	<p>21 <b>Stuffed Shells</b> Marinara Sauce Broccoli Rye Bread Vanilla Pudding</p> <p style="text-align: center;"><i>Cold Meal</i> Chef Salad w/Turkey Sweet Potato Salad Wheat Dinner Roll Brownie</p>	<p>22 <b>Roast Pork w/Gravy</b> Sweet Potato Casserole Peas w/Pearl Onions Whole Wheat Roll Brownie</p> <p style="text-align: center;"><i>Cold Meal</i> Egg Salad Citrus Dressed Rice Salad Apple &amp; Zucchini Salad Multigrain Bread Chilled Apricots</p>	<p>23 <b>#1 Baked Haddock</b> Lyonnaisse 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 Chick Sandwich Dill Potato Salad Red Cabbage &amp; Grape Salad Club Roll Jello</p>
<p>26 <b>#1 Beef Stew</b> Spinach Corn Bread Cookie <b>#2 Tex Mex Chicken</b></p> 	<p>27 <b>#1 Macaroni &amp; Cheese</b> Stewed Tomatoes Bean Blend Vegetables Whole Wheat Bread Diced Peaches <b>#2 Liver &amp; Onions</b></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>Orange Pineapple Chicken</b> Seasoned Rice Mixed Vegetables Biscuit Diced Pears</p> <p style="text-align: center;"><i>Cold Meal</i> Roast Beef &amp; Provolone Vegetable Salad Dill Pickle Pasta Salad Whole Wheat Bread Mandarin Oranges</p>	<p>29 <b>Meatloaf w/Gravy</b> Whipped 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 Breaded Fish</b> Parslied Red Bliss Potatoes Carrots Roll Cookie <b>#2 Spinach Frittata</b></p> <p style="text-align: center;"><i>Cold Meal</i> Waldorf Chicken Salad Beet Salad Carrot Dill Salad Wheat Dinner Roll Cookie</p>

Menu Subject to Change

Suggested Donation **\$3.00** per Meal

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

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

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

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