

**ROCKINGHAM NUTRITION &  
MEALS ON WHEELS PROGRAM**

**Cardiac  
March 2020**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2   <b>Spaghetti &amp; Meatballs</b> w/ Marinara Sauce Broccoli Wheat Bread Chocolate Pudding</p> <p><i>Alternate Meal</i> BBQ Kielbasa Roasted Potatoes Corn &amp; Black Beans Biscuit Cookie</p>	<p>3   <b>Chicken Tetrazzini</b> Spinach Wheat Bread Diced Pears</p> <p><i>Cold Meal</i> Turkey Gobbler Sandwich W/Stuffing &amp; Cran Sauce Green Bean Salad Wheat Bread Seasonal Fruit</p>	<p>4   <b>Oven Fried Chicken</b> w/Country Gravy Lyonnaise Potatoes Corn &amp; Black Beans Wheat Bread Carrot Cake</p> <p><i>Cold Meal</i> Egg Salad Italian Pasta Salad Carrot Raisin Salad WW Dinner Roll Chilled Apricots</p>	<p>5   <b>Burgundy Beef</b> Seasoned Rice Peas Wheat Bread Mandarin Oranges</p> <p><i>Cold Meal</i> Tuna Salad Sandwich Sweet Potato Salad Rye Bread Brownie</p>	<p>6   <b>Broccoli Frittata</b> Roasted Potatoes California Blend Vegetables Wheat Bread Cookie</p> <p><i>Cold Meal</i> Chicken Pesto Sandwich Cole Slaw Potato &amp; Egg Salad Wheat Bread Pudding</p>
<p>9   <b>Chicken Cacciatore</b> Pasta Bean Medley Wheat Bread Diced Peaches</p> <p><i>Alternate Meal</i> Chicken Nuggets O'Brien Potatoes Mixed Vegetables Whole Wheat Dinner Roll Brownie</p>	<p>10   <b>Cheeseburger</b> Baked Beans Carrots Whole Wheat Bun Sugar Cookie</p> <p><i>Cold Meal</i> Chicken &amp; Couscous Salad Roasted Pepper &amp; Hummus Cucumber &amp; Tomato Salad Wheat Bread Orange</p>	<p>11   <b>American Chop Suey</b> Brussel Sprouts Wheat Bread Seasonal Fruit</p> <p><i>Cold Meal</i> Gourmet Pork Sandwich Spinach &amp; Onion Marmalade Butternut Squash Salad Ditalini Pea Salad Wheat Burger Roll Apple</p>	<p>12   <b>Roast Turkey w/Gravy</b> Mashed Potatoes Green Beans Wheat Bread Chocolate Cake</p> <p><i>Cold Meal</i> Ham &amp; Cheese Sandwich Vegetable Salad German Potato Salad Wheat Bread Jello</p>	<p>13   <b>Mediterranean Haddock</b> Sweet Potatoes Vegetable Medley Wheat Bread Vanilla Pudding</p> <p><i>Cold Meal</i> Chicken Salad Pesto Pasta Salad Carrot Dill Salad Rye Bread Chilled Pineapple</p>

Menu Subject to Change

Suggested Donation \$3.00 per Meal

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

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

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

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

**Cardiac  
March 2020**

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**Brentwood, NH**

**Rockingham Nutrition & Meals on Wheels**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
16	<p><b>Lasagna</b> Marinara Sauce Mixed Vegetables Wheat Bread Jello</p> <p><i>Alternate Meal</i> Beef &amp; Bean Burrito/Salsa Spanish Rice Green Beans Tortilla Cookie</p>	17	<p><b>Chicken a La King</b> O'Brien Potatoes Broccoli Wheat Bread Apple Crisp</p> <p><i>Cold Meal</i> Ham &amp; Pineapple Salad Spinach Salad Sweet Potato Salad Whole Wheat Bread Pudding</p>	18	<p><b>Chicken Picatta</b> Rice Pilaf Carrots Wheat Bread Seasonal Fruit</p> <p><i>Cold Meal</i> Chef Salad w/Turkey Vegetable Pasta Salad Whole Wheat Bread Apple</p>	19	<p><i>St. Patrick's Day Dinner</i> <b>Corned Beef Au Jus</b> Potatoes w/Parsley Cabbage Turnip &amp; Carrots Marble Rye Chocolate Mint Brownie</p> <p><i>Cold Meal</i> Cuban Sandwich Rice Salad w/Citrus Dressing Apple &amp; Zucchini Salad Club Roll Chilled Apricots</p>	20	<p><b>Lemon Pepper Fish</b> Red Bliss Potatoes Bean Medley Blend Wheat Bread Cookie</p> <p><i>Cold Meal</i> BBQ Chicken Sandwich Dill Potato Salad Corn &amp; Black Beans Sandwich Roll Cookie</p>
23	<p><b>Chicken Scampi</b> Pasta Succotash Wheat Bread Mandarin Oranges</p> <p><i>Alternate Meal</i> Ham &amp; Cheese Frittata Home Fries Green Beans Whole Wheat Bread Brownie</p>	24	<p><b>Macaroni &amp; Cheese</b> Bean Blend Vegetable Stewed Tomatoes Wheat Bread Birthday Cake</p> <p><i>Cold Meal</i> Roast Beef &amp; Provolone Traditional Potato Salad Carrot Dill Salad Rye Bread Jello</p>	25	<p><b>Shepherd's Pie</b> Brussel Sprouts Wheat Bread Cookie</p> <p><i>Cold Meal</i> Tuna Salad Bean Salad Medley Carrot Raisin Salad Wheat Burger Roll Cookie</p>	26	<p><b>Swedish Meatballs</b> Rice Spinach Wheat Bread Diced Pears</p> <p><i>Cold Meal</i> Turkey Gobbler Sandwich w/Stuffing &amp; Cran Sauce Green Bean Salad White Bread Butterscotch Pudding</p>	27	<p><b>Potato Crusted Fish</b> Red Bliss Potatoes Carrots Wheat Bread Chocolate Chip Cookie</p> <p><i>Cold Meal</i> Italian Sandwich Roasted Corn Relish Greek Pasta Salad Sandwich Roll Orange</p>
30	<p><b>Stuffed Pepper Casserole</b> Mixed Vegetables Wheat Bread Chilled Apricots</p> <p><i>Alternate Meal</i> Chicken Parmesan Pasta Brussel Sprouts Whole Wheat Roll Mixed Fruit</p>	31	<p><b>Chicken Marsala</b> Scalloped Potatoes Peas Wheat Bread Double Chocolate Cookie</p> <p><i>Cold Meal</i> Turkey &amp; Cheddar Sandwich Bean Salad Medley Beet Salad Oatmeal Bread Pudding</p>	1	<p><b>Beef Ravioli</b> Broccoli Wheat Bread Cookie</p> <p><i>Cold Meal</i> Ham &amp; Egg Salad Marinated Vegetables Chickpea Salad Multigrain Bread Chocolate Chip Cookie</p>	2	<p><b>Meatloaf w/Gravy</b> Mashed Potatoes Carrots Wheat Bread Brownie</p> <p><i>Cold Meal</i> Seafood Salad Potato Salad Garden Salad Whole Wheat Roll Orange</p>	3	<p><b>Breaded Fish</b> Roasted Potatoes Brussel Sprouts Wheat Burger Roll Seasonal Fruit</p> <p><i>Cold Meal</i> Cran Walnut Chicken Salad Butternut Squash Salad Citrus Rice Salad Whole Wheat Bread Cookie</p>

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

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

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