

**ROCKINGHAM NUTRITION &  
MEALS ON WHEELS PROGRAM**

**AUGUST  
2019**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>5 <b>Lasagna w/ Marinara Sauce</b> Green Beans Wheat Bread Diced Pears</p> <p><i>Cold Meal</i> Turkey &amp; Provolone w/ Lettuce Green Bean Salad Penne Pasta Salad Croissant Mandarin Oranges</p>	<p>6 <b>BBQ Chicken</b> Corn and Black Beans Potato Salad Multi Grain Bread Blondie</p> <p><i>Cold Meal</i> Chicken Salad w/ Lettuce Cucumber Salad Beet Salad Wheat Bread Oatmeal Raisin Cookie</p>	<p>7 <b>Hot Dog</b> Baked Beans Coleslaw Hot Dog Roll Strawberry Shortcake</p> <p><i>Cold Meal</i> Italian Sub Potato w/ Egg Salad Three Bean Salad Sandwich Roll Vanilla Pudding</p>	<p>8 <b>Sweet &amp; Sour Meatballs</b> w/ Onions, Peppers &amp; Pineapple Garlic Spinach White Rice Dinner Roll Mandarin Oranges</p> <p><i>Cold Meal</i> Chicken Caesar Salad Carrot Raisin Salad Whole Wheat Dinner Roll Cookie</p>	<p>9 <b>#1 Broccoli &amp; Cheese Frattata</b> Mashed Potatoes Carrots Wheat Bread Sugar Cookie <b>#2 Baked Haddock</b></p> <p><i>Cold Meal</i> Tuna Salad w/ Lettuce Marinated Vegetables Pesto Pasta Salad Cantaloupe</p>
<p>12 <b>Beef Stew</b> Brussel Sprouts Whole Wheat Dinner Roll Muffin</p> <p><i>Cold Meal</i> Chicken &amp; Couscous Salad Roasted Red Pepper Hummus Cucumber &amp; Tomato Salad Pita Bread Chocolate Pudding</p>	<p>13 <b>Chicken Fajita w/ Peppers &amp; Onions</b> Black Beans &amp; Corn Spanish Rice Tortilla Apple Crisp</p> <p><i>Cold Meal</i> Turkey &amp; Cheddar Sandwich Chickpea Salad Carrot Salad Wheat Bread Chilled Pears</p>	<p>14 <b>American Chop Suey</b> Broccoli Whole Wheat Bread Diced Peaches</p> <p><i>Cold Meal</i> Egg Salad w/ Lettuce German Potato Salad Zucchini Salad Rye Bread Sugar Cookie</p>	<p>15 <b>Loyster Special</b> <b>#1 Roast Beef Sandwich</b> Pasta Salad Coleslaw #1 Bread / #2 Roll Watermelon <b>#2 Lobster Roll</b></p> <p><i>Cold Meal</i> Ham &amp; Cheese Sandwich Spinach Salad w/ Dressing Traditional Potato Salad Multi Grain Bread Cookie</p>	<p>16 <b>Hamburger</b> Sweet Potato Salad Baked Beans Whole Wheat Burger Roll Chocolate Chip Cookie</p> <p><i>Cold Meal</i> Seafood Salad Sandwich Rice Salad Coleslaw Sandwich Roll Watermelon</p>

Menu Subject to Change

Suggested Donation \$3.00 per Meal

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

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

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

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

**Look on the back**

# AUGUST 2019

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Brentwood, NH

## Rockingham Nutrition & Meals on Wheels

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>19] <b>Spaghetti &amp; Meatballs</b> Broccoli Whole Wheat Roll Seasonal Fruit</p> <p style="text-align: center;"><i>Cold Meal</i> Turkey Club Sandwich Marinated Vegetable Salad Macaroni Salad Whole Wheat Bread Cantaloupe</p>	<p>20] <b>#1 Potato Crusted Fish</b> Roasted Sweet Potatoes Peas Sub Roll Brownie <b>#2 Sausage Sub</b></p> <p style="text-align: center;"><i>Cold Meal</i> Chef Salad w/ Turkey, Egg &amp; Cheese w/ Dressing Three Bean Salad Dinner Roll Chocolate Chip Cookie</p>	<p>21] <b>Polynesian Pineapple Chicken</b> Fried Rice Carrots Rye Bread Blueberry Crisp</p> <p style="text-align: center;"><i>Cold Meal</i> Ham Salad w/ Lettuce Roasted Corn Relish Carrot Raisin Salad Oatmeal Bread Brownie</p>	<p>22] <b>Roast Pork w/ Gravy</b> Whipped Potatoes Brussel Sprouts Whole Wheat Dinner Roll Oatmeal Raisin Cookie</p> <p style="text-align: center;"><i>Cold Meal</i> Dill Tuna Salad Rice Salad w/ Citrus Dressing Apple &amp; Zucchini Rye Bread Diced Peaches</p>	<p>23] <b>#1 Breaded Fish</b> Roasted Red Bliss Potatoes Green Beans w/ Red Pepper Whole Wheat Burger Roll Pineapple <b>#2 Pulled Pork</b></p> <p style="text-align: center;"><i>Cold Meal</i> Roast Beef &amp; Swiss w/ Lettuce Red Cabbage &amp; Grape Salad Dill Potato Salad Roll Jell-O</p>
<p>26] <b>#1 Rib-Q w/ BBQ Sauce</b> Succotash Pasta Corn Bread Mandarin Oranges <b>#2 Beef Chili</b></p> <p style="text-align: center;"><i>Cold Meal</i> Waldorf Chicken Salad Carrot Dill Salad Beet Salad Rye Roll Cookie</p>	<p>27] <b>Meatball Sub w/ Marinara Sauce</b> Red Bliss Potatoes Green Beans Whole Wheat Dinner Roll Birthday Cake</p> <p style="text-align: center;"><i>Cold Meal</i> Turkey Gobbler Sandwich Penne Pasta Salad Green Bean Salad White Bread Chilled Pineapple</p>	<p>28] <b>Stuffed Shells w/ Marinara Sauce</b> Broccoli Caesar Salad w/ Dressing Oatmeal Bread Brownie</p> <p style="text-align: center;"><i>Cold Meal</i> Tarragon Chicken Salad Marinated Vegetables Sweet Potato Salad Multi Grain Bread Oatmeal Raisin Cookie</p>	<p>29] <b>#1 Honey Lime Chicken</b> Summer Squash Mashed Potatoes Whole Wheat Bread Double Chocolate Chip Cookie <b>#2 Salisbury Steak w/ Gravy</b></p> <p style="text-align: center;"><i>Cold Meal</i> Ham &amp; Cheese w/ Lettuce Black Bean &amp; Corn Salad Vegetable Salad Oatmeal Bread Vanilla Pudding</p>	<p>30] <b>Tuna Salad w/ Lettuce</b> Confetti Coleslaw Potato Salad Hot Dog Roll Cantaloupe</p> <p style="text-align: center;"><i>Cold Meal</i> Pork Pocket w/ Lettuce Greek Orzo Salad Corn Salad Pita Honey Dew Melon</p>

Menu Subject to Change

Suggested Donation **\$3.00** per Meal

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

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

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

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