



**ROCKINGHAM NUTRITION &
MEALS ON WHEELS PROGRAM**

**FEBRUARY
2021**

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	#1 Chicken Scampi Pasta Green Beans Wheat Bread Seasonal Fruit #2 Sausage w/Onions & Peppers 	2	Orange Pineapple Chicken Parslied Rice Broccoli Wheat Bread Brownie <i>Cold Meal</i> <i>Ham Salad w/Pickles</i> <i>3 Bean Salad</i> <i>Potato Egg Salad</i> <i>White Bread</i> <i>Cookie</i>	3	Baked Ziti w/Beef Carrots Wheat Bread Seasonal Fruit <i>Cold Meal</i> <i>Gourmet Pork Sandwich</i> <i>Spinach Onion Marmalade</i> <i>Ditalini Salad</i> <i>Wheat Roll</i> <i>Cookie</i>	4	Swedish Meatballs Whipped Potatoes Peas Wheat Bread Cherry Chip Cake <i>Cold Meal</i> <i>Chicken Caesar Salad Roll</i> <i>Barley Raisin Salad</i> <i>Butternut Squash Salad Roll</i> <i>Chilled Pears</i>	5	#1 Potato Crusted Fish Lyonnaise Potatoes Bean Medley Wheat Bread Cookie #2 Rib-A-Q <i>Cold Meal</i> <i>Tuna Salad Sandwich</i> <i>Carrot Dill Salad</i> <i>Pesto Pasta Salad</i> <i>Oatmeal Bread</i> <i>Orange</i>
8	#1 Burgundy Beef Pasta Mixed Vegetables Biscuit Fruit Cup #2 Chicken Normandy Style 	9	Vegetable Lasagna Mixed Vegetables Wheat Bread Jello <i>Cold Meal</i> <i>Ham & Swiss Sandwich</i> <i>Cucumber & Tomato Salad</i> <i>Three Bean Salad</i> <i>Wheat Bread</i> <i>Pudding</i>	10	Tuscan Roast Beef Red Bliss Potatoes Spinach Rye Bread Cookie <i>Cold Meal</i> <i>Turkey Club Sandwich</i> <i>Vegetable Pasta Salad</i> <i>Confetti Coleslaw</i> <i>Multigrain Bread</i> <i>Apple</i>	11	Roast Turkey w/Stuffing Gravy Mashed Potatoes Carrots & Turnip Wheat Bread Butterscotch Pudding <i>Cold Meal</i> <i>Egg Salad</i> <i>German Potato Salad</i> <i>Carrot Raisin Salad</i> <i>Rye Bread</i> <i>Sugar Cookie</i>	12	Mediterranean Haddock Homestyle Potatoes Peas Wheat Bread Choc. Chip Cookie #2 Pulled Pork <i>Cold Meal</i> <i>Italian Sandwich</i> <i>Rstd. Corn & Bean Relish</i> <i>Dill Pickle Pasta Salad</i> <i>Club Roll</i> <i>Apricots</i>

Menu Subject to Change

Suggested Donation \$3.00 per Meal

NAME: _____

REGULAR MILK _____

SKIM MILK _____




DIABETIC DESSERT _____

LOOK ON THE BACK

FEBRUARY 2021

Administration Office 679-2201
Brentwood, NH

Rockingham Nutrition & Meals on Wheels

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>15</p> <p style="text-align: center;">CLOSED</p>  <p style="text-align: center;"><i>Circle</i></p> <p style="text-align: center;">YES</p> <p style="text-align: center;"><i>If you would like a frozen Holiday Meal</i></p>	<p>16</p> <p style="text-align: center;">#1 Beef Chili Scalloped Potatoes Carrots Multigrain Bread Birthday Cake #2 Baked Ham</p>  <p style="text-align: center;">Cold Meal <i>Roast Beef & Cheese Sand. Horseradish Sauce Traditional Potato Salad Carrot Raisin Salad Jello</i></p>	<p>17</p> <p style="text-align: center;">Chicken Fajita Spanish Rice Mixed Vegetables Tortilla Pudding</p> <p style="text-align: center;">Cold Meal <i>Cuban Sandwich Citrus Rice Salad Apple & Zucchini Salad Club Roll Chilled Apricots</i></p>	<p>18</p> <p style="text-align: center;"><i>Mardi Gras Special</i> Chicken & Sausage Gumbo Jasmine Rice Cajun Corn Corn Bread Bread Pudding w/ Whipped Topping</p> <p style="text-align: center;">Cold Meal <i>Chef Salad w/Turkey Rstd. Red Pepper Hummus Pita Bread Brownie</i></p>	<p>19</p> <p style="text-align: center;">#1 All Beef Hot Dog Baked Beans California Blend Vegetables Hot Dog Roll Chilled Pineapple #2 Tuna Casserole</p> <p style="text-align: center;">Cold Meal <i>Turkey Gobbler Sandwich Green Bean Salad White Bread Apple</i></p>
<p>22</p> <p style="text-align: center;">#1 Stuffed Pepper Casserole Capri Blend Vegetables Biscuit Applesauce #2 Cheese Omelet</p> 	<p>23</p> <p style="text-align: center;">Chicken Marsala Seasoned Rice Bean Medley Wheat Bread Cookie</p> <p style="text-align: center;">Cold Meal <i>Turkey & Provolone Sand. Beet Salad Three Bean Salad Multigrain Bread Pudding</i></p>	<p>24</p> <p style="text-align: center;">Stuffed Shells Marinara Sauce Spinach Wheat Bread Apricots</p> <p style="text-align: center;">Cold Meal <i>Ham & Egg Salad Marinated Vegetables Chickpea Salad Rye Bread Choc. Chip Cookie</i></p>	<p>25</p> <p style="text-align: center;">Meatloaf Gravy Mashed Potatoes Peas Rye Bread Brownie</p> <p style="text-align: center;">Cold Meal <i>Cranberry Walnut Chicken Salad Butternut Squash Salad Macaroni Salad Dinner Roll/Apple</i></p>	<p>26</p> <p style="text-align: center;">#1 Breaded Fish Red Bliss Potatoes Carrots Dinner Roll M & M Cookie #2 Spinach Frittata</p> <p style="text-align: center;">Cold Meal <i>Seafood Salad Sandwich Potato Salad Dressed Spinach Salad Wheat Sandwich Roll</i></p>

Menu Subject to Change

Suggested Donation **\$3.00** per Meal

NAME: _____

REGULAR MILK _____

SKIM MILK _____

DIABETIC DESSERT _____