




**ROCKINGHAM NUTRITION &  
MEALS ON WHEELS PROGRAM**

**JANUARY  
2021**

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
4	<b>#1 Spaghetti w/Meatballs</b> Marinara Sauce Green Beans Bread Stick Mandarin Oranges <b>#2 Chicken Parmesan</b>  	5	<b>#1 Oriental Chicken</b> White Rice Carrots Rye Bread Pudding <b>#2 Teriyaki Beef</b>  <i>Cold Meal</i> Chicken Salad Potato & Egg Salad Three Bean Salad Wheat Bread Oatmeal Raisin Cookie	6	<b>Oven Fried Chicken</b> Country Gravy Whipped Potatoes Corn & Black Beans Multigrain Bread Brownie  <i>Cold Meal</i> Ham & Am. Cheese Sand. Beet Salad Macaroni Salad Sandwich Roll Chilled Apricots	7	<b>Meatball Stew</b> Mixed Vegetables Dinner Roll Cookie  <i>Cold Meal</i> Grilled Chicken Caesar Salad Carrot Raisin Salad Wheat Dinner Roll Cookie	9	<b>#1 Chicken Tetrazzini</b> Spinach Wheat Bread Diced Pears <b>#2 Tuna Noodle Casserole</b>  <i>Cold Meal</i> Tuna Salad Sandwich Marinated Vegetables Pesto Pasta Salad Oatmeal Bread Fruit Cup
11	<b>#1 Chicken Cacciatore</b> Pasta Brussel Sprouts Wheat Bread Fruit Cup <b>#2 BBQ Kielbasa</b>  	12	<b>#1 Chicken Fajita</b> Peppers & Onions Spanish Rice Black Bean & Corn Tortilla Jello <b>#2 Beef &amp; Bean Burrito</b>  <i>Cold Meal</i> Chicken & Couscous Salad Rst. Red Pepper Hummus Cucumber & Tomato Salad Wheat Bread Chocolate Pudding	13	<b>American Chop Suey</b> Broccoli Whole Wheat Breadf Birthday Cake   <i>Cold Meal</i> Turkey & Cheese Sandwich Coleslaw Ditalini Pea Salad Multigrain Bread Apple	14	<b>Roast Turkey w/Gravy</b> Mashed Potatoes Carrots Rye Bread Apple Crisp  <i>Cold Meal</i> Egg Salad German Potato Salad Zucchini Salad Rye Bread Sugar Cookie	15	<b>Cheeseburger</b> Baked Beans California Blend Vegetables Wheat Burger Roll Chocolate Chip Cookie  <i>Cold Meal</i> Seafood Salad Sandwich Rice Salad Spinach Salad Sandwich Roll Mandarin Oranges

Menu Subject to Change

Suggested Donation \$3.00 per Meal

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

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

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

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



**Look on the back**

# JANUARY 2021

Administration Office 679-2201

Brentwood, NH

Rockingham Nutrition & Meals on Wheels

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>18</p> <div style="text-align: center;">  </div> <p style="text-align: center;"><b>CLOSED</b> MLK Jr. Day</p> <p style="text-align: center;"><i>Circle</i></p> <p style="text-align: center;"><b>YES</b></p> <p style="text-align: center;"><i>If you would like a frozen Holiday Meal</i></p>	<p>19</p> <p><b>Shepherd's Pie</b> Brussel Sprouts Biscuit Sugar Cookie</p> <p style="text-align: center;"><i>Cold Meal</i> <i>Ham &amp; Pineapple Salad</i> <i>Red Pepper Corn &amp; Bean Salad</i> <i>Vegetable Salad</i> <i>Wheat Bread</i> <i>Chocolate Chip Cookie</i></p>	<p>20</p> <p><b>Manicotti</b> Marinara Sauce Broccoli Rye Bread Vanilla Pudding</p> <p style="text-align: center;"><i>Cold Meal</i> <i>Chef Sald w/Turkey</i> <i>Sweet Potato Salad</i> <i>Wheat Dinner Roll</i> <i>Brownie</i></p>	<p>21</p> <p style="text-align: center;"><i>Winter Special</i></p> <p><b>Hearty Pot Roast w/Gravy</b> Sweet Potato Casserole Peas w/Pearl Onions Snow Flake Dinner Roll Coconut Cream Cake</p> <p style="text-align: center;"><i>Cold Meal</i> <i>Cuban Sandwich</i> <i>Rice Salad w/Citrus Dress.</i> <i>Apple &amp; Zucchini Salad</i> <i>Club Roll</i> <i>Apricots</i></p>	<p>22</p> <p><b>#1 Baked Haddock</b> Lyonnaisse Potatoes Capri Blend Vegetables Wheat Roll/Bread Pineapple <b>#2 Pulled Pork</b></p> <p style="text-align: center;"><i>Cold Meal</i> <i>BBQ Chick Salad Sand.</i> <i>Dill Potato Salad</i> <i>Red Cabbage &amp; Grape Salad</i> <i>Sandwich Roll</i> <i>Jello</i></p>
<p>25</p> <p><b>#1 Beef Stew</b> Spinach Corn Breafd Cookie <b>#2 Tex Mex Chicken</b></p> <div style="text-align: center;">  </div>	<p>26</p> <p><b>#1 Macaroni &amp; Cheese</b> Stewed Tomatoes Bean Blend Vegetables Wheat Bread Diced Peaches <b>#2 Liver &amp; Onions</b></p> <p style="text-align: center;"><i>Cold Meal</i> <i>Turkey Club Sandwich</i> <i>Homestyle Potato Salad</i> <i>Bean Salad</i> <i>Multigrain Bread</i> <i>Brownie</i></p>	<p>27</p> <p><b>Chicken A-la-King</b> Seasoned Rice Mixed Vegetables Biscuit Diced Pears</p> <p style="text-align: center;"><i>Cold Meal</i> <i>Roast Beef w/Provolone</i> <i>Vegetable Salad</i> <i>Dill Pickle Pasta Salad</i> <i>Wheat Bread</i> <i>Seasonal Fruit</i></p>	<p>28</p> <p><b>Roasted Pork w/ Gravy</b> Whipped Potatoes Peas Multigrain Bread Applesauce Cake</p> <p style="text-align: center;"><i>Cold Meal</i> <i>Waldorf Chicken Salad</i> <i>Beet Salad</i> <i>Carrot Dill Salad</i> <i>Wheat Dinner Roll</i> <i>Cookie</i></p>	<p>29</p> <p><b>#1 Breaded Fish</b> Red Bliss Potatoes Carrots Dinner Roll Cookie <b>#2 Spinach Frittata</b></p> <p style="text-align: center;"><i>Cold Meal</i> <i>The Dagwood Sandwich</i> <i>Ham, Turkey, Salami &amp; Chs.</i> <i>Tomatoe &amp; Pepper Salad</i> <i>Coleslaw</i> <i>Rye Bread/Vanilla Pudding</i></p>

Menu Subject to Change

Suggested Donation **\$3.00** per Meal

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

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

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