

**ROCKINGHAM NUTRITION &  
MEALS ON WHEELS PROGRAM**

**JUNE  
2019**

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

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  |
|--|---|--|---|---|
| <p>3   <b>Chicken Scampi w/<br/>Diced Tomatoes &amp; Olives</b><br/>Noodles<br/>Green Beans<br/>Wheat Bread<br/>Honey Dew</p> <p><i>Cold Meal</i><br/>Roast Beef &amp; Provolone<br/>Green Bean Salad<br/>Penne Pasta Salad<br/>Croissant<br/>Chilled Apricots</p> | <p>4   <b>Hot Dog w/<br/>Mustard &amp; Relish</b><br/>Baked Beans<br/>Coleslaw<br/>Hot Dog Roll<br/>Strawberry Shortcake</p> <p><i>Cold Meal</i><br/>Chicken Salad w/ Lettuce<br/>Cucumber Salad<br/>Beet Salad<br/>Wheat Bread<br/>Cookie</p>                        | <p>5   <b>Julienned Roast Beef<br/>Over Mixed Green Salad</b><br/>Tomato &amp; Cucumbers<br/>Vegetable Pasta Salad<br/>Multi Grain Bread<br/>Mandarin Oranges</p> <p><i>Cold Meal</i><br/>Italian Sub<br/>Potato w/ Egg Salad<br/>Bean Salad<br/>Sandwich Roll<br/>Vanilla Pudding</p> | <p>6   <b>Meatball Sub w/<br/>Marinara Sauce</b><br/>Roasted Red Bliss Potatoes<br/>Garlic Spinach<br/>Sub Roll<br/>Blondie</p> <p><i>Cold Meal</i><br/>Caesar Salad w/ Chicken<br/>Carrot Raisin Salad<br/>Whole Wheat Dinner Roll<br/>Cookie</p>  | <p>7   <b>#1 Broccoli &amp; Cheese<br/>Frattata</b><br/>Capri Blend Vegetable<br/>Mashed Potatoes<br/>Wheat Bread<br/>Jell-O<br/><b>#2 Fish Cakes</b></p> <p><i>Cold Meal</i><br/>Tuna Salad w/ Lettuce<br/>Marinated Vegetables<br/>Pesto Pasta Salad<br/>Watermelon</p> |
| <p>10   <b>Beef Stew</b><br/>Brussel Sprouts<br/>Whole Wheat Dinner Roll<br/>Mandarin Oranges</p> <p><i>Cold Meal</i><br/>Chicken &amp; Couscous Salad<br/>Roasted Red Pepper Hummus<br/>Cucumber &amp; Tomato Salad<br/>Pita Bread<br/>Chocolate Pudding</p>      | <p>11   <b>Chicken Fajita<br/>w/ Peppers &amp; Onions</b><br/>Black Beans &amp; Corn<br/>Spanish Rice<br/>Tortilla<br/>Cantaloupe</p> <p><i>Cold Meal</i><br/>Turkey &amp; Cheddar Sandwich<br/>Chickpea Salad<br/>Carrot Salad<br/>Wheat Bread<br/>Chilled Pears</p> | <p>12   <b>American Chop Suey</b><br/>Broccoli<br/>Whole Wheat Bread<br/>Muffin</p> <p><i>Cold Meal</i><br/>Egg Salad w/ Lettuce<br/>German Potato Salad<br/>Zucchini Salad<br/>Rye Bread<br/>Cookie</p>   | <p>13   <i>Father's Day Special</i><br/><b>#1 BBQ Chicken</b><br/>Macaroni Salad<br/>Roasted Corn<br/>Parker House Roll<br/>Apple Spice Cake<br/><b>#2 BBQ Kielbasa</b></p> <p><i>Cold Meal</i><br/>Seafood Salad Sandwich<br/>Rice Salad<br/>Coleslaw<br/>Sandwich Roll<br/>Watermelon</p> | <p>14   <b>Cheeseburger</b><br/>Vegetable Pasta Salad<br/>Baked Beans<br/>Hamburger Roll<br/>Watermelon</p> <p><i>Cold Meal</i><br/>Ham &amp; Cheese Sandwich<br/>Spinach Salad w/ Dressing<br/>Traditional Potato Salad<br/>Multi Grain Bread<br/>Cookie</p>             |

Menu Subject to Change

Suggested Donation \$3.00 per Meal

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

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

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

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

**Look on the back**

# JUNE 2019

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Brentwood, NH**

## Rockingham Nutrition & Meals on Wheels

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|--|--|--|--|--|
| <p>17 <b>Lasagna w/ Marinara Sauce</b><br/>Broccoli<br/>Whole Wheat Roll<br/>Sugar Cookie</p> <p><i>Cold Meal</i><br/>Turkey Club Sandwich<br/>Marinated Vegetable Salad<br/>Macaroni Salad<br/>Whole Wheat Bread<br/>Cantaloupe</p> | <p>18 <b>#1 Potato Crusted Fish</b><br/>Roasted Sweet Potatoes<br/>Mixed Vegetables<br/>Sub Roll<br/>Brownie<br/><b>#2 Sausage Sub w/ Peppers &amp; Onions</b></p> <p><i>Cold Meal</i><br/>Chef Salad w/ Turkey, Egg &amp; Cheese<br/>Three Bean Salad<br/>Dinner Roll<br/>Brownie</p>             | <p>19 <b>Polynesian Pineapple Chicken</b><br/>Fried Rice<br/>Carrots<br/>Rye Bread<br/>Mandarin Oranges</p> <p><i>Cold Meal</i><br/>Ham Salad w/ Lettuce<br/>Roasted Corn Relish<br/>Carrot Raisin Salad<br/>Oatmeal Bread<br/>Cookie</p>                                    | <p>20 <b>Roast Turkey w/ Gravy</b><br/>Cranberry Sauce<br/>Whipped Potatoes<br/>Asparagus<br/>Whole Wheat Dinner Roll<br/>Oatmeal Raisin Cookie</p> <p><i>Cold Meal</i><br/>Dill Tuna Salad<br/>Rice Salad w/ Citrus Dressing<br/>Apple &amp; Zucchini<br/>Rye Bread<br/>Chilled Apricots</p>                                | <p>21 <b>#1 Breaded Fish</b><br/>Roasted Red Bliss Potatoes<br/>Green Beans w/ Red Pepper<br/>Whole Wheat Burger Roll<br/>Pineapple<br/><b>#2 Pulled Pork</b></p> <p><i>Cold Meal</i><br/>Roast Beef &amp; Swiss<br/>Red Cabbage &amp; Grape Salad<br/>Dill Potato Salad<br/>Roll<br/>Jell-O</p> |
| <p>24 <b>#1 Rib-O</b><br/>Succotash<br/>Pasta<br/>Corn Bread<br/>Honey Dew<br/><b>#2 Beef Chili</b></p> <p><i>Cold Meal</i><br/>Waldorf Chicken Salad<br/>Confetti Coleslaw<br/>Beet Salad<br/>Rye Roll<br/>Cookie</p>               | <p>25 <b>Sweet &amp; Sour Pork w/ Peppers, Onions &amp; Pineapple</b><br/>Jasmine Rice<br/>Oriental Vegetables<br/>Whole Wheat Dinner Roll<br/>Birthday Cake</p> <p><i>Cold Meal</i><br/>Turkey Gobbler Sandwich<br/>Penne Pasta Salad<br/>Green Bean Salad<br/>Rye Bread<br/>Chilled Apricots</p> | <p>26 <b>Stuffed Shells w/ Marinara Sauce</b><br/>Caesar Salad w/ Dressing<br/>Broccoli<br/>Oatmeal Bread<br/>Brownie</p> <p><i>Cold Meal</i><br/>Chicken Salad Sandwich<br/>Marinated Vegetables<br/>Sweet Potato Salad<br/>Multi Grain Bread<br/>Oatmeal Raisin Cookie</p> | <p>27 <b>#1 Honey Lime Chicken</b><br/>Whipped Potatoes<br/>Summer Squash<br/>Whole Wheat Bread<br/>Double Chocolate Chip Cookie<br/><b># Salisbury Steak w/ Gravy</b></p> <p><i>Cold Meal</i><br/>Ham &amp; Cheese w/ Lettuce<br/>Black Bean &amp; Corn Salad<br/>Vegetable Salad<br/>Oatmeal Bread<br/>Vanilla Pudding</p> | <p>28 <b>Deviled Egg Salad w/ Lettuce</b><br/>Confetti Coleslaw<br/>Sweet Potato Salad<br/>Hot Dog Roll<br/>Seasonal Fruit</p> <p><i>Cold Meal</i><br/>Pork Pocket w/ Lettuce<br/>Greek Orzo Salad<br/>Corn Salad<br/>Pita<br/>Honey Dew</p>   |

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

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