



**ROCKINGHAM NUTRITION &  
MEALS ON WHEELS PROGRAM**

**MARCH  
2021**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p><b>#1 Spaghetti &amp; Meatballs</b> Broccoli Bread Stick Chocolate Pudding <b>#2 Chicken Parmesan</b></p> 	<p>2</p> <p><b>#1 Pete's Hamburger Helper</b> Peas Rye Bread Mandarin Oranges <b>#2 Turkey Tetrazzini</b></p> <p><i>Cold Meal</i> Turkey Cordon Bleu Corn &amp; Red Pepper Salad Butternut Squash Salad Club Roll Cookie</p>	<p>3</p> <p><b>Oven Fried Chicken</b> Country Gravy Mashed Potatoes Brussel Sprouts Multigrain Bread Carrot Cake</p> <p><i>Cold Meal</i> Ham &amp; Provolone Sandwich Italian Pasta Salad Beet Salad Wheat Bread Chilled Apricots</p>	<p>4</p> <p><b>Orange Cranberry Chicken</b> Seasoned Rice Carrots Dinner Roll Seasonal Fruit</p> <p><i>Cold Meal</i> Tuna Salad Dill Pickle Pasta Salad Carrot Raisin Salad Rye Bread Pudding</p>	<p>5</p> <p><b>#1 Baked Haddock</b> Roasted Potatoes Bean Medley Oatmeal Bread Cookie <b>#2 Teriyaki Beef</b></p> <p><i>Cold Meal</i> Chicken Salad Cole Slaw Potato Salad w/Egg Wheat Bread Fresh Fruit</p>
<p>8</p> <p><b>#1 Chicken Cacciatore</b> Pasta Broccoli Wheat Bread Mixed Fruit <b>#2 BBQ Kielbasa</b></p> 	<p>9</p> <p><b>#1 Beef Chili</b> Scalloped Potatoes Green Beans Whole Wheat Roll Sugar Cookie <b>#2 Baked Ham</b></p> <p><i>Cold Meal</i> Chicken Caesar Salad Roll Red Pepper Hummus Zucchini &amp; Apple Salad Sandwich Rioll Jello</p>	<p>10</p> <p><b>Chicken Fajita</b> w/Peppers &amp; Onions Spanish Rice Corn &amp; Black Beans Tortilla Seasonal Fruit</p> <p><i>Cold Meal</i> Gourmet Pork Sandwich Spinach Onion Marmalade Marinated Vegetables Ditalini Pea Salad Sand Roll/Cookie</p>	<p>11</p> <p><i>St. Patrick's Day Dinner</i> <b>Corned Beef Au Jus</b> Cabbage Carrot &amp; Turnip Blend Parslied Potatoes Marble Rye Mint Chocolate Brownie</p> <p><i>Cold Meal</i> Turkey Gobbler Sandwich w/Stuffing &amp; Cranberry Green Bean Salad White Bread Cookie</p>	<p>12</p> <p><b>#1 Lemon Pepper Fish</b> Winter Squash Lyonnaise Potatoes Dinner Roll Cookie <b>#2 Rib-A Q</b></p> <p><i>Cold Meal</i> Chicken Pesto Sandwich Citrus Rice Salad Carrot Dill Salad Rye Bread Orange</p>

**Menu Subject to Change**

*Suggested Donation \$3.00 per Meal*

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

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

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





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

**Look On Back →**

# MARCH 2021

Rockingham Nutrition & Meals on Wheels

Administration Office 679-2201

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>15</p> <p><b>#1 Baked Lasagna</b> Spinach Wheat Roll Jello</p> <p><b>#2 Tex-Mex Chicken</b></p> 	<p>16</p> <p><b>#1 Chicken A-la-King</b> O'Brien Potatoes Bean Medley Biscuit Apple Crisp</p> <p><b>#2 Liver w/Onion Gravy</b></p> <p><i>Cold Meal</i> Turkey Club Sandwich Cucumber &amp; Tomato Salad Three Bean Salad Whole Wheat Bread Pudding</p>	<p>17</p> <p><b>Polynesian Pineapple Chicken</b> Fried Rice Carrots Rye Bread Congo Bar</p> <p><i>Cold Meal</i> Ham &amp; Pineapple Salad Three Bean Salad German Potato Salad Multigrain Bread Apple</p>	<p>18</p> <p><b>Roast Pork</b> Gravy Mashed Potatoes Mixed Vegetables Whole Wheat Bread Cookie</p> <p><i>Cold Meal</i> Dill Tuna Salad Tarragon Potato Salad Carrot Raisin Salad Wheat Burger Roll Chilled Apricots</p>	<p>19</p> <p><b>#1 Breaded Fish</b> Parslied Red Potatoes Peas Wheat Burger Roll Pineapple</p> <p><b>#2 Spinach Quiche</b></p> <p><i>Cold Meal</i> Italian Sandwich Rstd. Corn &amp; Bean Relish Greek Pasta Salad Club Roll Cookie</p>
<p>22</p> <p><b>#1 Chicken Scampi</b> Pasta Mixed Vegetables Corn Bread Fruit Cup</p> <p><b>#2 Sausage w/Onions &amp; Peppers</b></p> 	<p>23</p> <p><b>Shepherd's Pie</b> Peas Dinner Roll Birthday Cake</p>  <p><i>Cold Meal</i> Roast Beef &amp; Provolone Traditional Potato Salad Carrot Dill Salad Rye Bread Orange</p>	<p>24</p> <p><b>Cheese Manicotti</b> Vegetable Medley Bread Stick Seasonal Fruit</p> <p><i>Cold Meal</i> Chef Salad w/Turkey Macaroni Salad Wheat Dinner Roll Jello</p>	<p>25</p> <p><b>Beef Stew</b> Broccoli Oatmeal Bread Chocolate Chip Cookie</p> <p><i>Cold Meal</i> Ham &amp; American Cheese Confetti Cole Slaw Vegetable Pasta Salad White Bread Mixed Fruit</p>	<p>26</p> <p><b>#1 Potato Crusted Fish</b> Roasted Potatoes Carrots Rye Bread Peach Cobbler</p> <p><b>#2 BBQ Beef</b></p> <p><i>Cold Meal</i> BBQ Chicken Sandwich Corn &amp; Blk Bean Salad Marinated Vegetables Sandwich Roll Oatmeal Raisin Cookie</p>
<p>29</p> <p><b>#1 Stuffed Pepper Casserole</b> Green Beans Wheat Roll Pudding</p> <p><b>#2 Chicken Divan</b></p> 	<p>30</p> <p><b>Hot Dog</b> Baked Beans Brussel Sprouts Hot Dog Roll Chilled Apricots</p> <p><i>Cold Meal</i> Turkey Cheddar Sandwich 3 Bean Salad Beet Salad Oatmeal Bread Pudding</p>	<p>31</p> <p><b>American Chop Suey</b> Broccoli Multigrain Bread Jello</p> <p><i>Cold Meal</i> Ham &amp; Egg Salad Marinated Vegetables Chickpea Salad Multigrain Bread Chocolate Chip Cookie</p>	<p>1</p> <p><b>Roasted Turkey</b> Gravy Mashed Potatoes Carrots Oatmeal Bread Brownie</p> <p><i>Cold Meal</i> Cran. Walnut Chick Salad Butternut Squash Salad Citrus Rice Salad Whole Wheat Roll Chilled Apricots</p>	<p>2</p> <p><b>#1 Chicken Stew</b> Spinach Wheat Bread Double Choc. Chip Cookie</p> <p><b>#2 Fish Stew</b></p> <p><i>Cold Meal</i> Seafood Salad Potato Salad Caesar Salad w/Dressing Sandwich Roll Jello</p>

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