

**ROCKINGHAM NUTRITION &
MEALS ON WHEELS PROGRAM**

**MAY
2019**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>6 Chicken Caccitore Pasta Spinach Whole Wheat Roll Seasonal Fruit</p> <p><i>Cold Meal</i> Egg Salad w/ Lettuce Traditional Potato Salad Macaroni Salad Dinner Roll Fruit</p>	<p>7 #1 Roast Beef w/ Gravy Mashed Potatoes Peas Rye Roll Brownie #2 Liver & Onions</p> <p><i>Cold Meal</i> Turkey Gobbler Sandwich w/ Cranberry Sauce & Stuffing Black Bean & Corn Salsa White Bread Fresh Fruit</p>	<p>8 Rib-Q w/ BBQ Sauce Roasted Sweet Potatoes Corn w/ Black Beans Oatmeal Bread Cookie</p> <p><i>Cold Meal</i> Chicken Pesto Sandwich Garden Salad w/ Dressing Green Bean Salad Wheat Bread Vanilla Pudding</p>	<p>9 <i>Mother's Day Special</i> Broccoli & Cheese Stuffed Chicken w/ Supreme Sauce Baby Carrots w/ Dill Whipped Potatoes Multi Grain Bread Strawberry Shortcake</p> <p><i>Cold Meal</i> Roast Beef & Provolone Ditalini Fiesta Salad Red Cabbage & Grape Salad Cookie</p>	<p>10 #1 Spinach & Cheese Egg Bake Stewed Tomatoes Red Bliss Potatoes Raisin Bread Muffin #2 Homemade Fish Cakes</p> <p><i>Cold Meal</i> Pork Pocket w/ Lettuce Carrot Raisin Salad Beet Salad Cookie</p>
<p>13 Pork Ragout Penne Pasta Brussel Sprouts Zucchini Bread Seasonal Fruit</p> <p><i>Cold Meal</i> Tuna Salad w/ Lettuce Penne Pasta Salad Marinated Vegetable Salad Whole Wheat Dinner Roll Fresh Fruit</p>	<p>14 #1 Lemon Thyme Chicker Roasted Potatoes Succotash Dinner Roll Birthday Cake #2 Baked Ham w/ Pineapple Salsa</p> <p><i>Cold Meal</i> Turkey & Cheddar Sandwich Tarragon Potato Salad Cucumber & Tomato Salad White Bread Chilled Pears</p>	<p>15 Sweet & Sour Meatballs Fried Rice w/ Egg Mandarin Vegetable Blend Oatmeal Bread Pineapple</p> <p><i>Cold Meal</i> Chicken Caesar Salad Roll Black Bean & Corn Salad Butternut Squash Salad Burger Roll Cookie</p>	<p>16 Beef Stew w/ Peas & Carrots Mashed Potatoes Biscuit Pumpkin Chip Cookie</p> <p><i>Cold Meal</i> Deviled Egg Salad w/ Lettuce Spinach Salad Zucchini Salad Rye Bread Cookie</p>	<p>17 #1 Mediterranean Baked Haddock Lyonnais Potatoes Green Beans Whole Wheat Bread Yogurt Parfait w/ Granola #2 Pulled Pork</p> <p><i>Cold Meal</i> Roast Beef Sandwich Garden Salad w/ Dressing Red Bliss Potato Salad Multi Grain Bread Jell-O</p>

Menu Subject to Change

Suggested Donation \$3.00 per Meal

NAME: _____

REGULAR MILK _____

SKIM MILK _____

DIABETIC DESSERT _____

Look on the back

**MAY
2019**

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Brentwood, NH**

Rockingham Nutrition & Meals on Wheels

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>20 Beef Shephard's Pie w/ Mashed Potatoes Roasted Butternut Squash Corn Bread Chocolate Cake</p> <p><i>Cold Meal</i> Chicken Craisen Salad Three Bean Salad Marinated Vegetable Salad Whole Wheat Bread Chocolate Pudding</p>	<p>21 #1 Chicken Marsala Roasted Carrots Rice Oatmeal Bread Mandarin Oranges #2 Beef Chili</p> <p><i>Cold Meal</i> Ham & Pineapple Salad Cucumber & Tomato Salad Roasted Carrot Salad Dinner Roll Brownie</p>	<p>22 American Chop Suey Caesar Salad w/ Dressing Brussel Sprouts White Bread Double Chocolate Cookie</p> <p><i>Cold Meal</i> Chicken Salad w/ Lettuce Tarragon Potato Salad Barley Raisin Salad Oatmeal Bread Fresh Fruit</p>	<p>23 Chicken Pot Pie Three Bean Salad Spinach Dinner Roll Blueberry Crumble</p> <p><i>Cold Meal</i> Turkey & Swiss Sandwich Green Bean & Apple Salad Confetti Coleslaw Scali Bread Chilled Fruit</p>	<p>24 Stuffed Shells w/ Marinara Sauce Roasted Cauliflower Green Beans Hearty Wheat Bread Carrot Cake</p> <p><i>Cold Meal</i> Chicken & Couscous Salad Mixed Green Salad w/ Dressing Roasted Vegetables Pita Bread Cookie</p>
<p>27</p> <p>CLOSED Memorial Day</p>	<p>28 #1 Meatballs Spinach Spaghetti Pumpkin Bread Apple Sauce #2 Eggplant Parmesan</p> <p><i>Cold Meal</i> Tarragon Chicken Salad Marinated Vegetables Chickpea Salad Multi Grain Bread Chilled Fruit</p>	<p>29 BBQ Chicken Corn and Black Beans Roasted Sweet Potatoes Multi Grain Bread Fruit Crumble</p> <p><i>Cold Meal</i> Italian Sub Italian Pasta Salad Bean Salad Multi Grain Bread Jell-O</p>	<p>30 Meatloaf w/ Gravy Whipped Potatoes Peas Whole Wheat Dinner Roll Cookie</p> <p><i>Cold Meal</i> Chef Salad w/ Turkey, Egg & Cheese Sweet Potato Salad Bread Stick Oatmeal Raisin Cookie</p>	<p>31 #1 Lemon Pepper Fish Greek Salad w/ Dressing Red Bliss Potatoes Rye Roll Brownie #2 Dijon Crusted Pork</p> <p><i>Cold Meal</i> Pork, Ham & Swiss Sandwich Rice Salad w/ Citrus Dressing Coleslaw Whole Wheat Bread Fresh Fruit</p>

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SKIM MILK _____

DIABETIC DESSERT _____