

**ROCKINGHAM NUTRITION &
MEALS ON WHEELS PROGRAM**

**OCTOBER
2019**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>7 Swedish Meatballs Pasta Broccoli Wheat Bread Diced Pears</p> <p><i>Cold Meal</i> Turkey & Provolone Green Bean Salad Tortellini Salad White Bread Mandarin Oranges</p>	<p>8 #1 Macaroni & Cheese Stewed Tomatoes California Blend Vegetables Zucchini Bread Seasonal Fruit #2 Liver w/ Onion Gravy</p> <p><i>Cold Meal</i> Chicken Salad w/ Lettuce Butternut Squash Salad Beet Salad Wheat Bread Oatmeal Raisin Cookie</p>	<p>9 Oven Fried Chicken w/ Country Gravy Lyonnaise Potatoes Corn & Black Beans Multi Grain Bread Carrot Cake</p> <p><i>Cold Meal</i> Italian Sub w/ Provolone Three Bean Salad Potato w/ Egg Salad Sandwich Roll Vanilla Pudding</p>	<p>10 Orange Cranberry Chicken Seasoned Rice Peas Dinner Roll Mandarin Oranges</p> <p><i>Cold Meal</i> Tuna Salad Sandwich Marinated Vegetables Pesto Pasta Oatmeal Bread Seasonal Fruit</p>	<p>11 Pulled Pork Sweet Potatoes Carrots Wheat Bread Sugar Cookie</p> <p><i>Cold Meal</i> Chicken Caesar Salad Carrot Raisin Salad Whole Wheat Dinner Roll Cookie</p>
<p>14 </p> <p>CLOSED Columbus Day</p>	<p>15 Hot Dog Baked Beans Carrots Hot Dog Roll Apple Crisp</p> <p><i>Cold Meal</i> Turkey & Cheddar Sandwich Carrot Salad Chickpea Salad Wheat Bread Chilled Pears</p>	<p>16 Chicken Picatta White Rice Succotash Oatmeal Bread Diced Peaches</p> <p><i>Cold Meal</i> Egg Salad w/ Lettuce German Potato Salad Zucchini Salad Rye Bread Chocolate Pudding</p>	<p>17 Turkey w/ Gravy Mashed Potatoes Winter Squash Dinner Roll Brownie</p> <p><i>Cold Meal</i> Ham & Cheese Sandwich Traditional Potato Salad Spinach Salad Multi Grain Bread Cookie</p>	<p>18 #1 Broccoli & Cheese Frittata Scalloped Potatoes Spinach Whole Wheat Dinner Roll Chocolate Chip Cookie #2 Baked Haddock</p> <p><i>Cold Meal</i> Seafood Salad Sandwich Rice Salad Coleslaw Sandwich Roll Oranges</p>

Menu Subject to Change

Suggested Donation \$3.00 per Meal

NAME: _____

REGULAR MILK _____

SKIM MILK _____

DIABETIC DESSERT _____

Look on the back

OCTOBER 2019

Administration Office 679-2201
Brentwood, NH

Rockingham Nutrition & Meals on Wheels

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>21 Spaghetti & Meatballs w/ Marinara Sauce Broccoli Whole Wheat Roll Jell-O</p> <p style="text-align: center;"><i>Cold Meal</i> Turkey Club Sandwich Marinated Vegetable Salad Macaroni Salad Whole Wheat Bread Seasonal Fruit</p>	<p>22 #1 Chicken A La King O'Brien Potatoes Brussel Sprouts Biscuit Blueberry Crisp #2 Baked Ham w/ Raisin Sauce</p> <p style="text-align: center;"><i>Cold Meal</i> Chef Salad w/ Turkey Three Bean Salad Dinner Roll Chocolate Chip Cookie</p>	<p>23 Polynesian Pineapple Chicken Fried Rice Carrots Rye Bread Seasonal Fruit</p> <p style="text-align: center;"><i>Cold Meal</i> Ham Salad w/ Lettuce Roasted Corn Relish Carrot Raisin Salad Oatmeal Bread Brownie</p>	<p>24 Meatloaf w/ Gravy Mashed Potatoes Peas Whole Wheat Dinner Roll Oatmeal Raisin Cookie</p> <p style="text-align: center;"><i>Cold Meal</i> Dill Tuna Salad Rice Salad Apple & Zucchini Rye Bread Apricots</p>	<p>25 #1 Breaded Fish Red Bliss Potatoes Bean Blend Vegetables Whole Wheat Burger Roll Pineapple #2 Spinach Quiche</p> <p style="text-align: center;"><i>Cold Meal</i> Roast Beef & Swiss w/ Lettuce Dill Potato Salad Cabbage & Grape Salad Sandwich Roll Jell-O</p>
<p>28 Chicken Scampi Pasta Succotash Corn Bread Mandarin Oranges</p> <p style="text-align: center;"><i>Cold Meal</i> Waldorf Chicken Salad Carrot Dill Salad Beet Salad Rye Roll Cookie</p>	<p>29 Shepherd's Pie Spinach Whole Wheat Dinner Roll Birthday Cake</p> <p style="text-align: center;"><i>Cold Meal</i> Turkey Gobbler Sandwich Penne Pasta Salad Green Bean Salad White Bread Chilled Pineapple</p>	<p>30 #1 Mediterranean Haddock Whipped Potatoes Green Beans Oatmeal Bread Brownie #2 Beef Burgundy</p> <p style="text-align: center;"><i>Cold Meal</i> Ham & Cheese w/ Lettuce Black Bean & Corn Salad Vegetable Salad Oatmeal Bread Vanilla Pudding</p>	<p>31 <i>Autumn Fest</i> Apple Cider Braised Pork Roasted Carrots & Parsnips Wild Rice Dinner Roll Apple Crumble</p> <p style="text-align: center;"><i>Cold Meal</i> Chicken Salad Sandwich Marinated Vegetables Sweet Potato Salad Multi Grain Bread Oatmeal Raisin Cookie</p>	<p>1 Beef & Broccoli Roasted Potatoes Cauliflower Multi Grain Bread Cookie</p> <p style="text-align: center;"><i>Cold Meal</i> Pork Pocket w/ Lettuce & Tomato Greek Orzo Salad Corn Salad Pita Honey Dew Melon</p>

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SKIM MILK _____

DIABETIC DESSERT _____