


**ROCKINGHAM NUTRITION &
MEALS ON WHEELS PROGRAM**

**October
2021**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4</p> <p>#1 Chicken Scampi Pasta Green Beans Wheat Bread Oatmeal Crème Pie #2 BBQ Kielbasa</p>	<p>5</p> <p>Honey Baked Chicken Parslied Rice Broccoli Biscuit Apricots</p> <p>NEW ITEM</p> <p>Cold Meal <i>Ham Salad w/Pickles Three Bean Salad German Potato Salad White Bread Cookie</i></p>	<p>6</p> <p>Shepherd's Pie Peas Multigrain Bread Carrot Cake</p> <p>Cold Meal <i>Greek Salad w/Grilled Chicken Macaroni Salad Wheat Roll Cookie</i></p>	<p>7</p> <p>Meatball Stew Carrots Wheat Dinner Roll Warm Cinnamon Apple Sauce</p> <p>NEW ITEM</p> <p>Cold Meal <i>Chicken Caesar Roll Ditalini Pea Salad Butternut Squash Salad Roll Cookie</i></p>	<p>8</p> <p>#1 Lemon Pepper Fish Lyonnaise Potatoes Bean Medley Oatmeal Bread Cookie #2 Rib-A-Q</p> <p>Cold Meal <i>Tuna Salad Sandwich Carrot Dill Salad Pesto Pasta Salad Oatmeal Bread Orange</i></p>
<p>11</p> <p>Closed Columbus Day</p> 	<p>12</p> <p>Vegetable Lasagna Mixed Vegetables Multigrain Bread Jello</p> <p>Cold Meal <i>Ham & Swiss Sandwich Cucumber & Tomato Salad Three Bean Salad Pudding</i></p>	<p>13</p> <p>Chicken Fajita Spanish Rice Spinach Rye Bread Butterscotch Pudding</p> <p>Cold Meal <i>Turkey Club Sandwich Vegetable Pasta Salad Confetti Cole Slaw Multigrain Bread Apple</i></p>	<p>14</p> <p>Yankee Pot Roast Mashed Potatoes Carrots Dinner Roll Mandarin Oranges</p> <p>Cold Meal <i>Egg Salad German Potato Salad Carrot Raisin Salad Rye Bread Sugar Cookie</i></p>	<p>15</p> <p>#1 Mediterranean Haddock Baby Bakers Peas Wheat Bread Chocolate Chip Cookie #2 Pulled Pork</p> <p>Cold Meal <i>Italian Sandwich Corn & Black Bean Relish Dill Pickle Pasta Salad Club Roll Apricots</i></p>

Menu Subject to Change

Suggested Donation \$3.00 per Meal

NAME: _____

REGULAR MILK _____

SKIM MILK _____




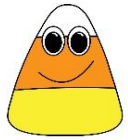

DIABETIC DESSERT _____

Look on the back

October 2021

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Brentwood, NH**

Rockingham Nutrition & Meals on Wheels

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>18 #1 Burgundy Beef Pasta Broccoli Biscuit Fruit Cup #2 Chicken Normandy</p> 	<p>19 #1 Beef Chili Scalloped Potatoes Carrots Multigrain Bread Birthday Cake #2 Baked Ham</p>  <p style="text-align: center;"><i>Cold Meal</i> Roast Beef & Cheese Horseradish Sauce Traditional Potato Salad Carrot Raisin Salad Rye Bread & Jello</p>	<p>20 American Chop Suey Mixed Vegetables Garden Salad Roll Pudding</p> <p style="text-align: center;"><i>Cold Meal</i> Cuban Sandwich Citrus Rice Salad Apple & Zucchini Club Roll Chilled Apricots</p>	<p>21 <i>Autumn Special</i> Apple Cider Braised Pork w/Apple Compote Roasted Root Vegetables Long Grain & Wild Rice Snowflake Roll Bread Pudding w/Topping</p> <p style="text-align: center;"><i>Cold Meal</i> Chef Salad w/Turkey Red Pepper Hummus Pita Bread Brownie</p>	<p>22 All Beef Hot Dog Baked Beans California Blend Vegetables Hot Dog Roll Pineapple</p> <p style="text-align: center;"><i>Cold Meal</i> Turkey Gobbler Sandwich Green Bean Salad White Bread Apple</p>
<p>25 #1 Stuffed Pepper Casserole Capri Style Vegetables Biscuit  Applesauce #2 Macaroni Cheese & Ham Bake</p> 	<p>26 Chicken Marsala Seasoned Rice Bean Medley Wheat Dinner Roll Fruit</p> <p style="text-align: center;"><i>Cold Meal</i> Turkey & Provolone Sand Beet Salad Three Bean Salad Multigrain Bread Pudding</p>	<p>27 Stuffed Shells Marinara Sauce Spinach Oatmeal Bread Apricots</p> <p style="text-align: center;"><i>Cold Meal</i> Ham & Egg Salad Marinated Vegetables Chickpea Salad Rye Bread Chocolate Chip Cookie</p>	<p>28 Smothered Salisbury Steak Chive Mashed Potatoes Peas  Rye Bread Fudge Round</p> <p style="text-align: center;"><i>Cold Meal</i> Cranberry Chicken Salad Butternut Squash Salad Macaroni Salad Wheat Dinner Roll Apple</p>	<p>29 #1 Potato Crusted Fish Rosemary Red Potatoes Carrots Roll M & M Cookie #2 Spinach Frittata</p> <p style="text-align: center;"><i>Cold Meal</i> Seafood Salad Sandwich Potato Salad Spinach Salad w/Dressing Mixed Fruit Cup</p>

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SKIM MILK _____

DIABETIC DESSERT _____