

**ROCKINGHAM NUTRITION &  
MEALS ON WHEELS PROGRAM**

**SEPTEMBER  
2019**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Labor Day <b>CLOSED</b></p>	<p>3</p> <p><b>Lasagna w/ Marinara Sauce</b> Green Beans Bread Stick Brownie</p> <p><i>Cold Meal</i> <i>Pork Sandwich w/ Spinach</i> <i>Marinated Vegetables</i> <i>Ditalini Pea Salad</i> <i>Whole Wheat Burger Roll</i> <i>Pudding</i></p>	<p>4</p> <p><b>Hot Dog</b> Baked Beans Coleslaw Hot Dog Roll Diced Peaches</p> <p><i>Cold Meal</i> <i>Turkey &amp; Cheddar Sandwich</i> <i>Beet Salad</i> <i>Macaroni Salad</i> <i>Oatmeal Bread</i> <i>Orange</i></p>	<p>5</p> <p><b>Orange Cranberry Chicken</b> Seasoned Rice Broccoli Wheat Bread Seasonal Fruit</p> <p><i>Cold Meal</i> <i>Tuna Salad w/ Lettuce</i> <i>Sweet Potato Salad</i> <i>Carrot Raisin Salad</i> <i>Dinner Roll</i> <i>Cookie</i></p>	<p>6</p> <p><b>#1 Mediterranean Baked Haddock</b> Lyonnaise Potatoes Carrots Whole Wheat Dinner Roll Oatmeal Raisin Cookie <b>#2 BBQ Beef</b></p> <p><i>Cold Meal</i> <i>Chicken Pesto Sandwich</i> <i>Italian Pasta Salad</i> <i>Coleslaw</i> <i>Chilled Apricots</i></p>
<p>9</p> <p><b>Beef Burgundy</b> Pasta Succotash Whole Wheat Dinner Roll Mandarin Oranges</p> <p><i>Cold Meal</i> <i>Chicken Salad w/ Lettuce</i> <i>Potato &amp; Egg Salad</i> <i>Beet Salad</i> <i>Whole Wheat Dinner Roll</i> <i>Cookie</i></p>	<p>10</p> <p><b>#1 Chicken A La King</b> Whipped Potatoes Brussel Sprouts Corn Bread Carrot Cake <b>#2 BBQ Kielbasa</b></p> <p><i>Cold Meal</i> <i>Roast Beef &amp; Provolone</i> <i>Corn &amp; Black Bean Salad</i> <i>Green Bean Salad</i> <i>Rye Bread</i> <i>Jell-O</i></p>	<p>11</p> <p><b>Turkey Gobbler Sandwich</b> Cucumber &amp; Tomato Salad Whole Wheat Bread Chocolate Chip Cookie</p> <p><i>Cold Meal</i> <i>Chicken Caesar Salad Roll</i> <i>Barley Raisin Salad</i> <i>Butternut Squash Salad</i> <i>Whole Wheat Burger Roll</i> <i>Chilled Pears</i></p>	<p>12</p> <p><i>Little Italy Special</i> <b>Chicken Parmesan w/ Marinara Sauce</b> Fettucini Noodles Zucchini &amp; Summer Squash Garlic Bread Chocolate Chip Cannoli</p> <p><i>Cold Meal</i> <i>Ham &amp; Pineapple Salad</i> <i>Spring Vegetable Salad</i> <i>German Potato Salad</i> <i>White Bread</i> <i>Oatmeal Cookie</i></p>	<p>13</p> <p><b>#1 Lemon Pepper Fish</b> Pasta Salad Greek Salad Oatmeal Bread Peaches <b>#2 Spinach &amp; Cheese Frittata</b></p> <p><i>Cold Meal</i> <i>Egg Salad Sandwich</i> <i>Pesto Pasta Salad</i> <i>Carrot Dill Salad</i> <i>Rye Bread</i> <i>Watermelon</i></p>

Menu Subject to Change

Suggested Donation \$3.00 per Meal

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

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

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

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

# SEPTEMBER 2019

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Brentwood, NH

## Rockingham Nutrition & Meals on Wheels

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>16 <b>Chicken Scampi w/ Diced Tomatoes &amp; Olives</b> Noodles Carrots Whole Wheat Roll Mandarin Oranges</p> <p style="text-align: center;"><i>Cold Meal</i> Ham &amp; Cheese w/ Lettuce Cucumber &amp; Tomato Salad Cabbage &amp; Grape Salad Rye Bread Pudding</p>	<p>17 <b>Cheeseburger</b> Baked Beans Coleslaw Hamburger Roll Pineapple</p> <p style="text-align: center;"><i>Cold Meal</i> Pork Caesar Sandwich Carrot Raisin Salad Three Bean Salad Pita Bread Cookie</p>	<p>18 <b>Yankee Pot Roast</b> Mashed Potatoes Peas Whole Wheat Bread Brownie</p> <p style="text-align: center;"><i>Cold Meal</i> Dill Tuna Salad w/ Lettuce Tarragon Potato Salad Marinated Vegetable Salad Hamburger Roll Cookie</p>	<p>19 <b>Shepherd's Pie</b> Spinach Croissant M&amp;M Cookie</p> <p style="text-align: center;"><i>Cold Meal</i> Turkey Club Sandwich Vegetable Pasta Salad Confetti Coleslaw White Bread Chilled Apricots</p>	<p>20 <b>#1 Breaded Fish</b> Scalloped Potatoes Brussel Sprouts Rye Bread Macadamia Cookie <b>#2 Pulled Pork</b></p> <p style="text-align: center;"><i>Cold Meal</i> Italian Sandwich Roasted Corn Relish Greek Pasta Salad Sandwich Roll Cantaloupe</p>
<p>23 <b>Meatball Sub w/ Marinara Sauce</b> Roasted Red Bliss Potatoes Garlic Spinach Sub Roll Diced Pears</p> <p style="text-align: center;"><i>Cold Meal</i> Pork, Ham &amp; Swiss Sandwich Carrot Raisin Salad Traditional Potato Salad Sandwich Roll Jell-O</p>	<p>24 <b>Beef Stew</b> Bean Blend Vegetable Biscuit Birthday Cake</p> <p style="text-align: center;"><i>Cold Meal</i> Turkey Gobbler Sandwich Cranberry Sauce Green Bean Salad Wheat Bread Honeydew</p>	<p>25 <b>Stuffed Shells w/ Marinara Sauce</b> Broccoli Caesar Salad Multi Grain Bread Apple Sauce</p> <p style="text-align: center;"><i>Cold Meal</i> Chef Salad w/ Turkey Sweet Potato Salad Bread Stick Brownie</p>	<p>26 <b>#1 BBQ Chicken</b> Potato Salad Summer Squash Roll Double Chocolate Chip Cookie <b>#2 Sausage Sub</b></p> <p style="text-align: center;"><i>Cold Meal</i> Ham &amp; Egg Salad w/ Lettuce Marinated Vegetables Chickpea Salad Multi Grain Bread Oatmeal Raisin Cookie</p>	<p>27 <b>Stuffed Pepper Casserole</b> Mixed Vegetables Whole Wheat Bread Watermelon</p> <p style="text-align: center;"><i>Cold Meal</i> BBQ Chicken Sandwich Pesto Pasta Salad Coleslaw Whole Wheat Burger Roll Sliced Pears</p>
<p>30 <b>Chicken Fajita w/ Peppers &amp; Onions</b> Spanish Rice Corn &amp; Black Beans Tortilla Chocolate Chip Cookie</p> <p style="text-align: center;"><i>Cold Meal</i> Turkey &amp; Cheddar Sandwich Three Bean Salad Beet Salad Oatmeal Bread Pudding</p>	<p>1 <b>#1 Beef Chili</b> Succotash Pasta Zucchini Bread Mandarin Oranges <b>#2 Rib-Q</b></p> <p style="text-align: center;"><i>Cold Meal</i> Turkey Cordon Bleu Vegetable Salad Macaroni Salad Whole Wheat Bread Watermelon</p>	<p>2 <b>American Chop Suey</b> Caesar Salad Spinach Oatmeal Bread Vanilla Pudding</p> <p style="text-align: center;"><i>Cold Meal</i> Ham &amp; Cheese Sandwich Traditional Potato Salad Spinach Salad Rye Bread Chocolate Chip Cookie</p>	<p>3 <b>Roast Pork w/ Gravy</b> Mashed Potatoes Broccoli Whole Wheat Bread Coconut Cake</p> <p style="text-align: center;"><i>Cold Meal</i> Cranberry Walnut Chicken Salad Butternut Squash Salad Rice Salad Whole Wheat Roll Pineapple</p>	<p>4 <b>Chicken Marsala</b> Rice Pilaf Peas &amp; Carrots Whole Wheat Bread Honeydew</p> <p style="text-align: center;"><i>Cold Meal</i> Roast Beef Sandwich Potato Salad Caesar Salad Multi Grain Bread Brownie</p>

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

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