


**ROCKINGHAM NUTRITION &
MEALS ON WHEELS PROGRAM**

**SEPTEMBER
2020**

**Portsmouth Site 431-0561
Kimberly Mignosa (Site Mgr)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>7</p> <p>Happy Labor Day</p> <p>CLOSED</p>	<p>8</p> <p>Chicken Marsala Lyonnaise Potatoes Corn & Black Beans Biscuit Diced Pears</p> <p>Cold Meal <i>Turkey Cordon Bleu Sand. Cucumber Tomato Salad 3-Bean Salad Wheat Bread Pudding</i></p>	<p>9</p> <p>Mac & Cheese Stewed Tomatoes Carrots Multigrain Bread Chocolate Pudding</p> <p>Cold Meal <i>Gourmet Pork Sandwich Marinated Vegetables Ditalini Pea Salad Wheat Burger Roll Cookie</i></p>	<p>10</p> <p>Swedish Meatballs White Rice Mixed Vegetables Dinner Roll Mandarin Oranges</p> <p>Cold Meal <i>Ham & Pineapple Salad Vegetable Salad German Potato Salad White Bread Jello</i></p>	<p>11</p> <p>#1 Baked Haddock Roasted Potatoes Spinach Wheat Bread Peanut Butter 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>14</p> <p>#1 Beef Stew Brussel Sprouts Oatmeal Bread Jello #2 Baked Ziti</p> 	<p>15</p> <p>#1 Carribean Chicken Parslied Rice Broccoli Wheat Dinner Roll Brownie #2 Oriental Beef</p> <p>Cold Meal <i>Ham & Am. Cheese Sand Cucumber & Tomato Salad Bean Salad Medley Wheat Bread Pudding</i></p>	<p>16</p> <p>Roast Pork w/Gravy Whipped Potatoes Spinach Multi-Grain Bread Cookie</p> <p>Cold Meal <i>Egg Salad Sandwich German Potato Salad Carrot Raisin Salad Rye Bread Sugar Cookie</i></p>	<p>17</p> <p>Little Italy Special Chicken Parmesan Fettuccine Pasta Zucchini & Summer Squash Garlic Bread Chocolate Chip Cannoli</p> <p>Cold Meal <i>Turkey Club Sandwich Vegetable Pasta Salad Confetti Cole Slaw Multi-Grain Bread Apple</i></p>	<p>18</p> <p>Hot Dog Baked Beans California Blend Vegetables Hot Dog Roll Seasonal Fruit</p> <p>Cold Meal <i>Italian Sandwich Roasted Corn & Bean Relish Greek Pasta Salad Club Roll Chilled Apricots</i></p>

Menu Subject to Change

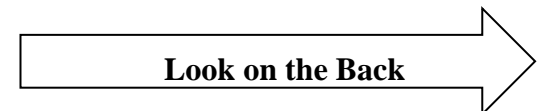
Suggested Donation \$3.00 per Meal

NAME: _____

REGULAR MILK _____

SKIM MILK _____



DIABETIC DESSERT _____



SEPTEMBER 2020

Portsmouth Site 431-0561
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Rockingham Nutrition & Meals on Wheels

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>21</p> <p>#1 Cheese Lasagna Mixed Vegetables Bread Stick Butterscotch Pudding #2 Chicken & Rice Casserole</p>	<p>22</p> <p>#1 Beef Chili Lyonnaise Potatoes Carrots Rye Bread Birthday Cake #2 Baked Ham</p>  <p><i>Cold Meal</i> Roast Beef & Swiss Sand. Traditional Potato Salad Carrot Raisin Salad Rye Bread Jello</p>	<p>23</p> <p>Sweet & Sour Meatballs White Rice Broccoli Dinner Roll Mandarin Oranges</p> <p><i>Cold Meal</i> Chef Salad w/ Turkey Roasted Red Pepper Hummus Pita Bread Brownie</p>	<p>24</p> <p>Yankee Pot Roast Mashed Potatoes Green Beans Multigrain Bread M & M Cookie</p> <p><i>Cold Meal</i> Cuban Sandwich Rice Salad Apple & Zucchini Club Roll Chilled Apricots</p>	<p>25</p> <p>#1 Chicken Stew Peas Oatmeal Bread Blonde Brownie #2 Fish Stew</p> <p><i>Cold Meal</i> Turkey Gobbler Sandwich Green Bean Salad White Bread Apple</p>
<p>28</p>  <p>#1 Chicken Cacciatore Pasta Squash Blend Wheat Bread Apricots #2 BBQ Kielbasa</p>	<p>29</p> <p>#1 Chicken Piccata Seasoned Rice Bean Medley Wheat Dinner Roll Mixed Fruit #2 Liver & Onions</p> <p><i>Cold Meal</i> Turkey & Provolone Beet Salad 3 Bean Salad Multigrain Bread Pudding</p>	<p>30</p> <p>Stuffed Shells Spinach Oatmeal Bread Peach Cobbler</p> <p><i>Cold Meal</i> Ham & Egg Salad Marinated Vegetables Chick Pea Salad Rye Bread Choc. Chip Cookie</p>	<p>1</p> <p>Meatloaf w/ Gravy Mashed Potatoes Green Beans Wheat Dinner Roll Cookie</p> <p><i>Cold Meal</i> Seafood Salad Sandwich Potato Salad Spinach Salad w/Dressing Wheat Sandwich Roll Mixed Fruit Cup</p>	<p>2</p> <p>#1 Breaded Fish Red Bliss Potato w/ Parsley Carrots Roll Cookie #2 Spinach Frittata</p> <p><i>Cold Meal</i> Chicken Cran. Walnut Salad Butternut Squash Salad Macaroni Salad Wheat Dinner Roll Orange</p>

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