





**ROCKINGHAM NUTRITION &  
MEALS ON WHEELS PROGRAM**

**September  
2021**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>6</p> <p><b>CLOSED</b></p> <p><b>Labor Day</b></p> 	<p>7</p>  <p><b>#1 Chicken Nuggets</b> Capri Blend Vegetables Homestyle Potatoes Biscuit Oatmeal Crème Pie <b>#2 Cheese Omelet</b></p> 	<p>8</p> <p><b>Oven Fried Chicken</b> Country Gravy Whipped Sweet Potato Corn Multigrain Bread Chocolate Pudding</p> <p><b>Cold Meal</b> <i>Cheese Tortellini &amp; Chicken Beet Salad Multigrain Bread Chilled Apricots</i></p>	<p>9</p> <p><b>Swedish Meatballs</b> Egg Noodles Mixed Vegetables Dinner Roll Fresh Melon</p> <p><b>Cold Meal</b> <i>Chicken Caesar Salad w/Parmesan &amp; Croutons Carrot Raisin Salad Wheat Dinner Roll Cookie</i></p>	<p>10</p> <p><b>#1 Baked Haddock</b> Potatoes O'brien Spinach Wheat Bread Cookie <b>#2 BBQ Beef</b></p> <p><b>Cold Meal</b> <i>Turkey &amp; Cheese Sandwich Coleslaw Ditalini Pea Salad Multigrain Bread Vanilla Pudding</i></p>
<p>13</p> <p><b>#1 Chicken Cacciatore</b> Pasta Brussel Sprouts Wheat Bread Cookie <b>#2 Sausage with Peppers and Onions</b></p> 	<p>14</p> <p><b>#1 Chicken Fajita</b> Pepper &amp; Onions Spanish Rice Black Beans &amp; Corn Tortilla Apricots <b>#2 Beef &amp; Bean Burrito</b></p> <p><b>Cold Meal</b> <i>Chicken &amp; Couscous Salad Rstd. Red Pepper Hummus Greek Pasta Salad Wheat Bread Apple</i></p>	<p>15</p> <p><b>Baked Ziti w/Beef</b> Vegetable Blend Garden Salad Whole Wheat Bread Jello</p> <p><b>Cold Meal</b> <i>Ham &amp; Swiss Sandwich German Potato Salad Broccoli Salad Rye Bread Sugar Cookie</i></p>	<p>16</p> <p><i>A Day in Paris Special</i> <b>Chicken Cordon Bleu</b> w/Supreme Sauce Le Petit Bakers Le Petit Carrots Dinner Roll Chocolate Éclair </p> <p><b>Cold Meal</b> <i>The Dagwood Sandwich Ham, Turkey &amp; salami Tomato &amp; Pepper Salad Coleslaw/Rye Bread Chocolate Pudding</i></p>	<p>17</p> <p><b>Cheeseburger</b> Baked Beans Carrots Wheat Burger Roll Chocolate Chip Cookie</p> <p><b>Cold Meal</b> <i>Tuna Salad Sandwich Macaroni Salad Spinach Salad Sandwich Roll Mandarin Oranges</i></p>

Menu Subject to Change

Suggested Donation \$3.00 per Meal

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

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

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

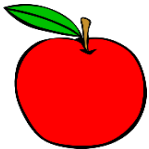


DIABETIC DESSERT \_\_\_\_\_

**Look on the back**

# September 2021

Administration Office 679-2201  
Brentwood, NH

## Rockingham Nutrition & Meals on Wheels

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>20 <b>#1 Vegetable Lasagna</b> Green Beans Whole Wheat Bread Jello <b>#2 Chicken w/Rice Casserole</b></p> <div style="text-align: center;"></div>	<p>21 <b>#1 Beef Chili</b> Scalloped Potatoes Brussel Sprouts Biscuit Birthday Cake <b>#2 Baked Ham</b></p> <div style="text-align: center;"></div> <p style="text-align: center;"><i>Cold Meal</i> Ham &amp; Pineapple Salad Corn, Bean &amp; Pepper Salad Cucumber &amp; Tomato Salad Wheat Bread Chocolate Chip Cookie</p>	<p>22 <b>Cheese Manicotti</b> Marinara Sauce Steamed Broccoli Greek Salad Rye Bread Vanilla Pudding</p> <p style="text-align: center;"><i>Cold Meal</i> Chef Salad w/Turkey Sweet Potato Salad Wheat Dinner Roll Chilled Apricots</p>	<p>23 <b>Roasted Turkey</b> Homestyle Gravy Mashed Potatoes Peas w/Pearl Onions Whole Wheat Dinner Roll Yogurt w/Granola</p> <p style="text-align: center;"><i>Cold Meal</i> Egg Salad Vegetable Rice Salad Apples &amp; Zucchini Salad Multigrain Bread Chocolate Brownie</p>	<p>24 <b>#1 Mediterranean</b> Haddock Lyonnaise Potatoes Capri Blend Vegetables Wheat Roll/Wheat Bread Pineapple <b>#2 Pulled Pork</b></p> <p style="text-align: center;"><i>Cold Meal</i> BBQ Chicken Salad Sand. Dill Potato Salad Red Cabbage &amp; Grape Salad Club Roll Jello</p>
<p>27 <b>#1 Beef Stew</b> Spinach Corn Bread Fudge Round <b>#2 Tex Mex Chicken</b></p> <div style="text-align: center;"></div>	<p>28 <b>Spaghetti &amp; Meatballs</b> Marinara Sauce Bean Blend Vegetables Whole Wheat Bread Diced Peaches</p> <p style="text-align: center;"><i>Cold Meal</i> Turkey Club Sandwich Traditional Potato Salad Bean Salad Multigrain Bread Oreo Cookies</p>	<p>29 <b>Oriental Chicken</b> Seasoned Rice Mixed Vegetables Biscuit Fresh Melon</p> <p style="text-align: center;"><i>Cold Meal</i> Roast Beef &amp; Swiss Vegetable Salad Dill Pickle Pasta Salad Whole Wheat Bread Mandarin Oranges</p>	<p>30 <b>Meatloaf w/Gravy</b> Mashed Potatoes Peas Multigrain Bread Applesauce Cake</p> <p style="text-align: center;"><i>Cold Meal</i> Seafood Salad Sandwich Citrus Rice Salad Spinach Salad Oatmeal Bread Vanilla Pudding</p>	<p>1 <b>#1 Potato Crusted Fish</b> Parslied Red Potatoes Carrots Dinner Roll Cookie <b>#2 Spinach Frittata</b></p> <p style="text-align: center;"><i>Cold Meal</i> Cuban Sandwich Beet Salad Old Fashioned Carrot Salad Club Roll Cookie</p>

Menu Subject to Change

Suggested Donation **\$3.00** per Meal

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

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

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

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