



March 2026

Lower Sodium & Carb Friendly

Administration Office 603-679-2201

Brentwood, NH

The first meal listed on each day is the best choice for a lower sodium & lower carb diets

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Broccoli & Cheese Stuffed Chicken w/Supreme Sauce Orzo Pasta & Peas Beets Mandarin Oranges Low Salt Wheat Bread</p> <p><i>Cold Meal</i> Roast Beef Sandwich w/Swiss Cheese Potato Salad Roasted Carrot Salad Canned Fruit & Rye Bread (2)</p>	<p>3 Vegetable Frittata w/Spinach & Feta Cheese Roasted Potatoes Capri Blend Vegetables Yogurt Whole Wheat Bread Yogurt Ketchup</p> <p><i>Cold Meal</i> Honey Mustard Chicken Salad Chickpea Salad Brussels Sprouts Salad Cookie Italian Bread (2)</p>	<p>4 Chef Salad w/Deli Turkey & Swiss Cheese Corn Salad Garden Salad Canned Fruit Wheat Pita Bread Menu Magic Dressing</p> <p><i>Cold Meal</i> Seafood Salad Orzo Salad Zucchini Salad Canned Fruit Sandwich Roll</p>	<p>5 American Chop Suey Beef & Pasta w/Tomato Sauce Cauliflower Fresh Fruit Honey Wheat Roll</p> <p><i>Cold Meal</i> Turkey Cranberry Salad Butternut Squash Salad Cucumber Salad Canned Fruit Multi Grain Bread (2)</p>	<p>6 Lentil Shepherd's Pie Lentils, Carrots & Vegetarian Gravy Green Beans Canned Fruit Lorna Doones (No Bread)</p> <p><i>Cold Meal</i> Tortellini Pasta Salad w/Peas Marinated Vegetables Jell-O Oat Bread</p>
<p>9 Bateman Meatloaf Ground Beef & Turkey w/Gravy Mashed Potatoes Green Beans Yogurt Oat Bread</p> <p><i>Cold Meal</i> Grilled Pesto Chicken Farro Salad Marinated Beets Canned Fruit Whole Wheat Burger Bun Mayonnaise</p>	<p>10 Baked Pollock w/Garlic & Dill Sauce Brown Rice Beets Mandarin Oranges Whole Wheat Bread</p> <p><i>Cold Meal</i> Roast Beef Sandwich w/Swiss Cheese Potato Chips Broccoli Salad Applesauce Oat Bread (2) & Mustard</p>	<p>11 Pork Roast w/Garlic Herb Sauce Mashed Potatoes Cole Slaw Cinnamon Pears Honey Wheat Roll</p> <p><i>Cold Meal</i> Turkey Chef Salad Sliced Turkey, HB Egg Mixed Green Salad Sweet Potato Salad Yogurt & Pita Bread Dressing</p>	<p>12 Grilled Chicken w/Marry Me Sauce Quinoa Mixed Vegetables Graham Crackers Low Salt Whole Wheat Bread</p> <p><i>Cold Meal</i> Italian Sandwich Ham, Mortadella, Salmi & Provolone Cheese Pasta Salad Roasted Carrot Salad Fresh Fruit & Sub Roll</p>	<p>13 Cheese Ravioli w/Alfredo & Mushroom Sauce Garlic Spinach Canned Fruit Multi Grain Bread</p> <p><i>Cold Meal</i> Mediterranean Bean Salad Green Beans, Cherry Tomatoes, Diced Cucumber, Red Onion, Feta Cheese & Dressing Zucchini Salad Cookie & Multi Grain Bread</p>



Menu Subject to Change

Suggested Donation \$3.00 per Meal

NAME: _____

1% MILK _____

SKIM MILK _____

**Return this by:
February 20, 2026**

Please circle the meals you would like to order

Turn Over



March 2026

Lower Sodium & Carb Friendly

Administration Office 603-679-2201
Brentwood, NH

The first meal listed on each day is the best choice for a lower sodium & lower carb diets

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
16	Chicken & Sausage Gumbo w/White Rice Canned Fruit Oat Bread Cold Meal Turkey & Provolone Marinated Green Beans Butternut Salad Mixed Fruit Whole Wheat Sandwich Roll	17	Beef Brisket w/Au Jus Cabbage Wedge Cubed Carrot & Turnip Blend Steamed Potatoes & Parsley Lorna Doones Marbled Rye Bread Cold Meal Chicken Salad Corn Salad Garden Salad Cookie Multi Grain Bread Dressing	18	Chicken Meatballs Sweet & Sour Sauce Fried Rice Broccoli Fresh Fruit Whole Wheat Dinner Roll Cold Meal Tuna Pasta Salad w/Mayo Peas, Celery, Onion & Dill Tomato Salad Fresh Fruit Vienna Bread	19	Red Chili w/Ground Turkey, Tomatoes Beans & Sweet Vegetables Green Beans Yogurt Multi Grain Bread Cold Meal Cuban Sandwich Sliced Pork, Ham, Swiss Cheese Potato Salad & Coleslaw Pickles Applesauce Mustard	20	Baked Lasagna w/Marinara Sauce California Blend Vegetables Mandarin Oranges Low Salt Whole Wheat Bread Parmesan Cheese Cold Meal Cottage Cheese Three Bean Salad Pineapple Pudding Fruit Loaf Dressing
23	Turkey Burger w/Au Jus Mashed Potatoes Green Beans Canned Fruit Whole Wheat Burger Bun Cold Meal Grilled Teriyaki Chicken Lo Mein Marinated Broccoli Canned Fruit Burger Bun Mayo	24	Grilled Chicken w/Indian Butter Sauce Tomatoes, Butter, Cream & Spices White Rice Carrots Mandarin Oranges & Pita Bread Cold Meal Ham & American Cheese Sandwich Quinoa Salad & Spinach Salad Applesauce Low Salt Wheat Bread (2) Mustard & Salad Dressing	25	Potato Crunch Fish Lemon & Herb Couscous Capri Blend Vegetables Graham Crackers Multi Grain Bread Tartar Sauce Cold Meal BLT Sandwich Turkey Bacon, Lettuce & Tomato Potato Salad Cucumber Salad Fresh Fruit Multi Grain Bread & Mayo	26	Pork Roast w/Peppers & Onions Corn Garden Salad Warm Spiced Apples Oat Bread Menu Magic Dressing Cold Meal Egg Salad Couscous Salad Carrot Slaw Cookie Whole Wheat Bread	27	Broccoli Egg Bake Roasted Potatoes Beets Yogurt Whole Wheat Bread Ketchup Cold Meal Caprese, Orzo Pasta Salad Tomato, Mozzarella, Basil, Vinegar & Orzo Pasta Jell-O Whole Wheat Dinner Roll

Menu Subject to Change

Suggested Donation \$3.00 per Meal

NAME: _____

1% MILK _____

SKIM MILK _____

Return this by:
February 20, 2026

Please circle the meals you would like to order

Turn Over