



# April 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>30   <b>Sliced Beef Burgundy</b> Sauce with Carrots &amp; Onions Egg Noodles Chilled Pineapple Multi Grain Bread</p> <p><b>Cold Meal</b> Ham &amp; Swiss Sandwich Marinated Beets German Potato Salad Cookie Whole Wheat Bread (2) Mustard</p>	<p>31   <b>Pork w/ Orange Sauce</b> Broccoli Vegetable Rice Chilled Fruit Low Sodium Bread</p> <p><b>Cold Meal</b> Chicken Salad Pasta Salad Roasted Carrot Salad Canned Fruit White Bread (2)</p>	<p>1   <b>Egg Salad</b> Garden Salad w/ Dressing Cirtus Quinoa Salad Fresh Fruit Pita Bread</p> <p><b>Cold Meal</b> Roast Beef &amp; Provolone Black Eyed Pea Salad Confetti Coleslaw Applesauce Low Sodium Bread (2) Mustard</p>	<p>2   <b>Chicken Strips</b> w/ Apricot Sauce Green Beans Mashed Potatoes Yogurt Honey Wheat Roll</p> <p><b>Cold Meal</b> Turkey Cobb Salad Turkey HB Egg, Cheese &amp; Imitation Bacon Garden Salad w/Tomato Corn Salad &amp; Fresh Fruit Pita Bread</p>	<p>3   <b>Stuffed Shells</b> Marinara Sauce Cauliflower Lorna Doone Cookie Oat Bread</p> <p><b>Cold Meal</b> White Bean &amp; Quinoa Salad Green Bean Salad Pudding Whole Wheat Dinner Roll</p>
<p>6   <b>Greek Style Chicken</b> Grilled Chicken w/ Feta, Spinach, Olives, Red Peppers Orzo Pasta Applesauce Oat Bread</p> <p><b>Cold Meal</b> Roast Beef &amp; Provolone Butternut Salad Brussels Salad Chilled Fruit Whole Wheat Bread (2)</p>	<p>7   <b>Turkey Burger</b> Peas &amp; Pasta Mandarins Burger Bun Ketchup</p> <p><b>Cold Meal</b> Seafood Salad Couscous &amp; Cucumber Ceaser Salad Chilled Fruit Oat Bread (2)</p>	<p>8   <b>Beef Soft Taco</b> Ground Beef w/ Peppers &amp; Onions Black Beans Corn Grahams Tortilla Sour Cream</p> <p><b>Cold Meal</b> Turkey Chef Salad Sliced Turkey, HB Egg Mixed Green Salad Sweet Potato Salad Yogurt &amp; Pita Bread Dressing</p>	<p>9   <b>Chicken Meatballs</b> Marinara Sauce Brown Rice Broccoli Fresh Fruit Multi Grain Bread</p> <p><b>Cold Meal</b> Caprese Pasta Salad w/Tomato, Mozzarella, Basil Lentil Salad Fresh Fruit Honey Wheat Roll</p>	<p>10   <b>Baked Pollock</b> w/Lemon, Garlic, Mustard, Dill Sauce Mashed Potatoes Capri Blend Veggies Yogurt Whole Wheat Dinner Roll</p> <p><b>Cold Meal</b> Grilled Chicken &amp; Swiss Sweet Potato Salad Curried Cauliflower Cookie Italian Bread (2) Honey Mustard</p>



Menu Subject to Change

Suggested Donation \$3.00 per Meal

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

Please circle the meals you want and give the menu to your driver by March 20th

Turn Over





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>13 <b>Cheese Omelet</b> Turkey Sausage Roasted Potatoes Chuckwagon Corn Canned Fruit Honey Wheat Bread</p> <p><b>Cold Meal</b> Meat Lovers Pasta Marinated Beets Canned Fruit Whole Wheat Dinner Roll</p>	<p>14 <b>Grilled Chicken</b> w/Francese Sauce Lemon, Butter, White Wine Sauce Parmesan Risotto Green Beans Pineapple, WW Bread</p> <p><b>Cold Meal</b> Turkey &amp; Provolone Potato Salad Tomato &amp; Cucumber Salad Applesauce Sandwich Roll</p>	<p>15 <b>Turkey &amp; Swiss Sandwich</b> Pesto Pasta Salad Garden Salad w/Dressing Yogurt Pita Bread, Mustard Juice</p> <p><b>Cold Meal</b> Tuna Salad Three Bean Salad Confetti Cole Slaw Cookie Multi Grain Bread</p>	<p>16 <i>*Spring Special*</i> <b>Baked Ham</b> w/Pineapple Sauce Garlic Mashed Potatoes Garden Salad w/Dressing Warm Apples Low Sodium Bread</p> <p><b>Cold Meal</b> Taco Salad Seasoned Ground Turkey Garden Salad Quinoa, Black Beans &amp; Corn Pudding Ranch Dressing, Pita Bread</p>	<p>17 <b>Mongolian Beef</b> w/Soy, Ginger, Garlic Sauce Snap Peas Brown Rice Fresh Fruit Multi Grain Bread</p> <p><b>Cold Meal</b> Tortellini Pasta Salad w/Peas Roasted Carrot Salad Canned Fruit Whole Wheat Bread</p>
<p>20 <b>American Chop Suey</b> Pasta, Ground Beef, Sauce Green Beans Lorna Doone Cookie Garlic Roll</p> <p><b>Cold Meal</b> Ham and American Cheese Butternut Salad Broccoli Salad Canned Fruit Low Sodium Bread (2)</p> 	<p>21 <b>Roast Pork</b> w/ BBQ Sauce Mashed Sweet Potatoes Cauliflower w/Parsley Applesauce Oat Bread</p> <p><b>Cold Meal</b> Honey Mustard Chicken Salad Chickpea Salad Spinach Salad w/Dressing Cookie Italian Bread (2)</p>	<p>22 <b>Potato Crunch Fish</b> Rice Pilaf Capri Veggies Yogurt Vienna Bread Lemon Packet</p> <p><b>Cold Meal</b> Egg Salad German Potato Salad Green Bean Salad Jello Whole Wheat Salad</p>	<p>23 <b>Bateman Meatloaf</b> Ground Beef &amp; Turkey Blend w/Gravy Mashed Potatoes Beets Grahams Multi Grain Bread <b>Cold Meal</b> Shrimp Caesar Salad Parmesan, Croutons &amp; Caesar Dressing on the side Tri Color Pasta Salad Fresh Fruit Pita Bread</p>	<p>24 <b>Closed for Staff Appreciation Day</b></p> <p>Would you like a frozen meal for this day? Circle</p> <p><b>YES or NO</b></p>
<p>27 <b>Cheese Lasagna</b> Marinara Sauce Italian Blend Veggies Lorna Doone Cookie Honey Wheat Roll</p> <p><b>Cold Meal</b> Turkey &amp; American Cheese Orzo Pasta Salad Roasted Carrot Salad Cookie Bulkie Roll Mustard</p>	<p>28 <b>Turkey w/Gravy</b> Mashed Potatoes Carrots Canned Fruit Low Sodium Bread</p> <p><b>Cold Meal</b> Italian Sub Ham, Mortadella, Salami Provolone Cheese Marinated Beets Potato Chips Canned Fruit Sub Roll</p>	<p>29 <b>Roast Pork</b> Mustard Cream Sauce Coleslaw Rice Pilaf Warm Cinnamon Apples Whole Wheat Bread <b>Cold Meal</b> Southwest Chicken Salad Sliced Chicken on Lettuce w/Tomatoes &amp; Cheese Ranch Dressing Corn and Black Bean Salad Applesauce Pita Bread</p>	<p>30 <b>Chicken Salad</b> w/Mayo &amp; Celery Potato Salad Garden Salad w/Dressing Yogurt Oat Bread (2) <b>Cold Meal</b> Nicoise Salad Green Beans, Tuna, HB Eggs Tomatoes, Red Onion Cucumber Dill Salad Fresh Fruit Rye Bread Dressing</p>	<p>1 <b>Beef Wellington</b> w/Mushroom &amp; Onions Mashed Potatoes Carrots Canned Fruit Multi Grain Bread <b>Cold Meal</b> Mediterranean Bean Salad Green Beans, Cherry Tomatoes, Diced Cucumber, Red Onion, Feta Cheese &amp; Dressing Zucchini Salad Yogurt Oat Bread</p>

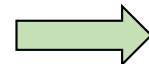
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