



Lower Sodium & Carb
Friendly
May 2026

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	
4	Seared Pork Loin w/Scallopini Sauce Lemon, Butter & Capers Mashed Potatoes Green Beans Fruit Whole Wheat Bread <i>Cold Meal</i> Grilled Chicken w/Swiss Cheese & Whole Wheat Burger Bun Pesto Pasta Salad Marinated Beets Canned Fruit Mayo	5	Tuscan White Bean Pasta Pasta, White Beans, Spinach, Tomatoes & Parmesan Cheese Peas Yogurt <i>Cold Meal</i> Turkey & Cranberry Salad Butternut Squash Salad Green Bean Salad Canned Fruit Rye Bread	6	Unstuffed Pepper Bowl Ground Beef, Onions, Peppers, & Tomatoes Served on top of White Rice Garden Salad & Warm Peaches Multi Grain Bread Salad Dressing <i>Cold Meal</i> Ham Chef Salad w/Shredded Cheddar & HB Egg Mixed Green Salad Black-Eyed Pea Salad Jell-O Pita Bread & Dressing	7	Mother's Day Special Crustless Quiche w/Asparagus & Cheese Potatoes O'Brien Honey Glazed Carrots Fresh Fruit Salad Oat Bread <i>Cold Meal</i> Roast Beef Sandwich w/Provolone Cheese Sweet Potato Salad & Coleslaw Fresh Fruit Salad Low Salt Wheat Bread Mustard	8	Grilled Chicken w/Garlic & Herb Sauce Mashed Sweet Potatoes Brussel Sprouts Fresh Fruit Whole Wheat Dinner Roll <i>Cold Meal</i> Greek Orzo Pasta Salad Chickpeas, Orzo, Tomatoes, Black Olives & Feta Cheese Marinated Broccoli Salad Cookie Whole Wheat Dinner Roll
11	Ravioli w/ Marinara Sauce & Ground Turkey Italian Blend Vegetables Yogurt Multi-Grain Bread <i>Cold Meal</i> Cuban Sandwich Sliced Pork, Ham, Swiss Cheese Potato Salad Marinated Vegetable Salad Applesauce Oat Bread Pickles & Mustard	12	Baked Pollock w/Lemon, Garlic Butter Rice Pilaf Capri Blend Vegetables Mandarin Oranges Whole Wheat Dinner Roll <i>Cold Meal</i> Chicken Salad Corn Salad Spinach Salad Cookie Multi Grain Bread Dressing	13	Turkey Cobb Salad w/Shredded Cheese & HB Egg Garden Salad Corn Salad Canned Fruit Pita Bread <i>Cold Meal</i> Sliced Turkey w/Provolone Tomato & Cucumber Salad Potato Chips Applesauce Sandwich Roll Mayo	14	Grilled Chicken w/Supreme Sauce Mashed Potatoes Garden Salad & Dressing Warm Berry Crisp Oat Bread <i>Cold Meal</i> Tuna & Pasta Salad (Tuna, Pasta, Peas, Celery, Mayo & Dill) Carrot Slaw Canned Fruit Whole Wheat Dinner Roll	15	Roasted Pork w/Mustard Cream Sauce Rice Pilaf Latin Slaw Warm Cinnamon Apples Whole Wheat Bread <i>Cold Meal</i> Cottage Cheese Pineapple Three-Bean Salad Fruit Loaf Pudding Dressing

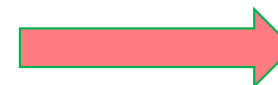
Menu Subject to Change

Suggested Donation \$3.00 per Meal

NAME: _____

Please circle the meals you want and give the menu to your driver by April 24.

Turn Page Over






Lower Sodium & Carb
Friendly

May 2026

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	
18	Greek Grilled Chicken Feta, Spinach, Olives, & Red Peppers Orzo Pasta Applesauce Oat Bread Cold Meal Roast Beef Sandwich w/Provolone Butternut Squash Salad Brussels Salad Canned Fruit Whole Wheat Bread & Mayo	19	Turkey Burger w/Burger Bun Peas & Pasta Salad Mandarin Oranges Ketchup Cold Meal Seafood Salad Lemon & Cucumber w/Couscous Salad Caesar Salad Canned Fruit Oat Bread & Caesar Dressing	20	Soft Taco w/Ground Beef & Peppers & Onions Black Beans Tortilla & Sour Cream Graham Cracker Cold Meal Turkey Chef Salad (Turkey, Shredded Cheddar Cheese & HB Egg) Mixed Green Salad Potato Salad & Yogurt Pita Bread & Dressing	21	Chicken Meatballs w/ Marinara Sauce Brown Rice Broccoli Fresh Fruit Multi Grain Bread Cold Meal Caprese Pasta Salad (Tomato, Mozzarella, Basil, Oil, Vinegar & Rotini Pasta) Lentil Salad Fresh Fruit Honey Wheat Roll	22	Unbreaded Pollock w/Lemon, Garlic, Dill & Mustard Mashed Potatoes Capri Blend Vegetables Yogurt Whole Wheat Dinner Roll Cold Meal Grilled Chicken & Swiss Cheese Sandwich Sweet Potato Salad Curried Cauliflower Cookie & Italian Bread 2 Honey Mustard Sauce
25	*** HAPPY *** MEMORIAL Day  Would you like a frozen meal for the holiday? Circle YES or NO	26	Breaded Chicken w/Francese Sauce Parmesan Risotto Green Beans Pineapple Whole Wheat Bread Cold Meal Meat Lovers Pasta Salad Marinated Beets Canned Fruit Whole Wheat Dinner Roll	27	Deli Turkey w/Swiss Cheese & Pita Bread Pesto Pasta Salad Latin Slaw Yogurt Mustard Cold Meal Tuna Salad Sandwich Three-Bean Salad Confetti Coleslaw Cookie Multi-Grain Bread 2	28	Cheese Omelet Turkey Sausage Roasted Potatoes Chuckwagon Corn Canned Fruit Honey Wheat Roll Cold Meal Taco Salad (Seasoned Ground Turkey, Quinoa, Black Bean & Roasted Corn) Garden Salad Pudding Pita Bread & Ranch Dressing	29	Mongolian Beef Sliced Beef, Sauce & Scallions Brown Rice Snap Peas Fresh Fruit Multi Grain Bread Cold Meal Tortellini Pasta & Peas Roasted Carrot Salad Canned Fruit Whole Wheat Bread

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 April 24.

Turn Page Over

