





Lower Sodium & Carb
Friendly
June 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	
1	American Chop Suey Green Beans Lorna Doones Honey Wheat Roll <i>Cold Meal</i> Ham & Swiss Cheese Sandwich Butternut Squash Salad Broccoli Salad Canned Fruit Low Salt Wheat Bread 2 Mustard	2	Pork Roast w/BBQ Sauce Mashed Sweet Potato Cauliflower & Parsley Applesauce Oat Bread <i>Cold Meal</i> Honey Mustard Chicken Salad Chickpea Salad Spinach Salad Cookie Italian Bread 2 Salad Dressing	3	 Potato Crunch Fish Rice Pilaf Capri Vegetable Blend Yogurt Vienna Bread Lemon Packet <i>Cold Meal</i> Egg Salad Sandwich German Potato Salad Green Bean Salad Pudding Whole Wheat Bread 2	4	Bateman Meatloaf w/Gravy Mashed Potatoes Beets Canned Fruit Multi Grain Bread <i>Cold Meal</i> Shrimp Caesar Salad w/Dressing & Parmesan Cheese & Croutons Tri-Color Pasta Salad Fresh Fruit Pita Bread	5	Chicken Alfredo Served On Top of Pasta Broccoli Fresh Fruit Low Salt Wheat Bread <i>Cold Meal</i> Edamame & Farro Salad w/Cranberries Zucchini Salad Canned Fruit Whole Wheat Dinner Roll
8	Cheese Lasagna w/Marinara Sauce Italian Blend Vegetables Lorna Doones Honey Wheat Roll <i>Cold Meal</i> Sliced Turkey & American Cheese Sandwich w/Mustard Orzo Pasta Salad Roasted Carrot Salad Yogurt Whole Wheat Bulky Roll	9	Grilled Chicken w/Gravy Mashed Potato Carrots Canned Fruit Low Salt Wheat Bread <i>Cold Meal</i> Italian Sandwich w/Ham, Mortadella, Salami & Provolone Potato Chips Marinated Beets Canned Fruit Sub Roll	10	Pork w/Mustard Cream Sauce Rice Pilaf Latin Slaw Warm Cinnamon Apples Whole Wheat Bread <i>Cold Meal</i> Southwest Chicken Salad Garden Salad w/Tomatoes, Cheese & Sliced Chicken Corn & Black Beans Applesauce Pita Bread & Ranch Dressing	11	Chicken Salad w/Mayo & Celery Garden Salad Potato Salad Yogurt Oat Bread 2 Menu Magic Dressing <i>Cold Meal</i> Nicoise Salad, w/Green Beans, Tuna, Red Onion, Eggs, Tomatoes & Potatoes & Ranch Dressing Cucumber Dill Salad Fresh Fruit & Rye Bread	12	Beef w/Red Wine Sauce Mushrooms, Garlic & Onions Mashed Potatoes Peas & Pearled Onions Canned Fruit Multi Grain Bread <i>Cold Meal</i> Mediterranean Bean Salad Zucchini Salad Yogurt  Oat 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 May 22

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15	Pork w/Scallopini Sauce Mashed Potatoes Beets Canned Fruit Whole Wheat Bread <i>Cold Meal</i> Grilled Chicken Sandwich w/Swiss Cheese Pesto Pasta Salad Marinated Vegetables Cookie & Whole Wheat Burger Bun & Mayo	16	Tuscan White Bean Pasta w/White Beans, Spinach, Tomatoes & Parmesan Peas Yogurt No Bread <i>Cold Meal</i> Turkey & Cranberry Salad Butternut Squash Green Bean Salad Canned Fruit Rye Bread 2	17	Grilled Chicken w/Garlic & Herb Sauce Mashed Sweet Potatoes Brussel Sprouts Fresh Fruit Honey Wheat Roll <i>Cold Meal</i> Ham Chef Salad Ham, Cheddar Cheese, HB Egg w/Dressing & Mixed Green Salad Black-Eyed Pea Salad Jello & Pita Bread	18	Fathers Day Special BBQ Steak Tips Corn & Red Peppers Garlic Green Beans Graham Crackers Honey Wheat Dinner Roll <i>Cold Meal</i> Greek Orzo Pasta Salad w/Chickpeas, Tomatoes, Black Olives & Feta Cheese Marinated Broccoli Salad Fresh Fruit Honey Wheat Dinner Roll	19	Sliced Turkey & Provolone Sandwich Tomato & Cucumber Salad Potato Chips Cookie Whole Wheat Bread 2  <i>Cold Meal</i> Tortellini Pasta Salad w/Peas Roasted Carrot Salad Cookie Whole Wheat Dinner Roll
22	Ravioli w/Ground Turkey & Marinara Italian Blend Vegetables Yogurt Multi Grain Bread <i>Cold Meal</i> Cottage Cheese Pineapple Three-Bean Salad Pudding Fruit Loaf Dressing	23	Unbreaded Pollock w/Lemon Garlic Butter Rice Pilaf Capri Blend Vegetables Mandarin Oranges Whole Wheat Dinner Roll <i>Cold Meal</i> Chicken Salad Sandwich Corn Salad Spinach Salad Cookie Multi Grain Bread 2 Dressing	24	Turkey Cobb Salad Turkey, Shredded Cheese, Hard Boiled Egg Garden Salad Corn Salad Canned Fruit Pita Bread & Dressing <i>Cold Meal</i> Tuna & Pasta Salad w/Peas, Celery, Mayo & Dill Carrot Slaw Canned Fruit Whole Wheat Dinner Roll	25	Roasted Pork w/Peppers & Onions Mashed Butternut Squash Roasted Potatoes Lorna Doones Multi Grain Bread <i>Cold Meal</i> Asian Chicken Salad Grilled Chicken Marinated in Sesame Ginger Sauce Sesame Noodles & Garden Salad Mandarin Oranges & Dressing Multi Grain Bread	26	Grilled Chicken w/Supreme Sauce Mashed Potatoes Garden Salad w/Dressing Warm Berry Crisp Oat Bread <i>Cold Meal</i> Cuban Sandwich Sliced Pork, Ham, Swiss Cheese Potato Salad Marinated Veggie Salad Applesauce & Oat Bread 2 Pickles 2 & Mustard

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