

**ROCKINGHAM NUTRITION &
MEALS ON WHEELS PROGRAM**

**NOVEMBER
2018**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>5 Turkey Divan Rotini Broccoli Marble Cake DB: Angel Food Cake</p> <p><i>Cold Meal</i> Pork Sandwich w/ Spinach & Onion Marmalade Tarragon Potato Salad Coleslaw Cookie</p>	<p>6 Lasagna w/ Marinara Sauce Mixed Green Salad w/ Dressing Garlic Spinach Brownie DB: Strawberry Mousse</p> <p><i>Cold Meal</i> Turkey Gobbler Sandwich w/ Cranberry Sauce & Stuffing Green Bean & Apple Salad Chilled Peaches</p>	<p>7 #1 Baked Ham Pearl Onions & Peas Whipped Sweet Potato Oatmeal Raisin Cookie DB: Chocolate Chip Cookie #2 Beef w/ Onion Gravy</p> <p><i>Cold Meal</i> Pesto Chicken Sandwich w/ Lettuce Garden Salad w/ Dressing Beet Salad Vanilla Pudding</p>	<p>8 Beef & Broccoli Fried Rice Mandarin Blend Chilled Pineapple</p> <p><i>Cold Meal</i> Egg Salad w/ Lettuce Vegetable Pasta Salad Marinated Vegetables Fruit</p>	<p>9 Chicken Pot Pie w/ Peas & Carrots Steamed Potatoes Yogurt Parfait DB: Parfait</p> <p><i>Cold Meal</i> Roast Beef & Provolone Sandwich w/ Lettuce Mexican Street Corn Salad Sweet Potato Salad Fruit</p>
<p>12 CLOSED</p>	<p>13 #1 Boneless Chicken w/ Tangy Cranberry Sauce Roasted Sweet Potato Brussel Sprouts Chocolate Pudding DB: Vanilla Pudding #2 BBQ Pulled Pork</p> <p><i>Cold Meal</i> Ham & Pineapple Salad w/ Lettuce Three Bean Salad Caesar Salad w/ Dressing Fruit</p>	<p>14 Meatloaf w/ Gravy Cheddar Whipped Potatoes Peas Fruit</p> <p><i>Cold Meal</i> Tarragon Chicken Salad Roll w/ Lettuce Marinated Vegetables Italian Pasta Salad Jell-O</p>	<p>15 <i>Thanksgiving Special</i> Roasted Turkey w/ Gravy Cranberry Sauce Whipped Potatoes Butternut Squash Stuffing Apple Crisp DB: Baked Apples</p> <p><i>Cold Meal</i> Tuna Salad w/ Lettuce White Bean & Cucumber Salad Roasted Carrot Salad Chocolate Pudding</p>	<p>16 American Chop Suey Mixed Vegetables Green Beans Pineapple Upside Down Cake DB: Angel Food Cake</p> <p><i>Cold Meal</i> Turkey, Cranberry, Apple Salad Sandwich w/ Lettuce Green Bean & Apple Salad Tarragon Potato Salad Fruit</p>

Menu Subject to Change

Suggested Donation \$2.00 per Meal

NAME: _____

REGULAR MILK _____

SKIM MILK _____

DIABETIC DESSERT _____

Look on the back

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Rockingham Nutrition & Meals on Wheels

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>19] Sweet & Sour Meatballs Cabbage & Carrots Fried Rice Double Chocolate Cookie DB: Graham Crackers</p> <p align="center"><i>Cold Meal</i> Roast Beef w/ Lettuce & Cheese Butternut Squash Salad Barley Raisin Salad Fruit</p>	<p>20] Yankee Pot Roast w/ Gravy Golden Mashed Potatoes Butternut Squash Banana Tea Cake DB: Angel Food Cake</p> <p align="center"><i>Cold Meal</i> Deviled Egg Salad w/ Lettuce Spinach Salad w/ Dressing Zucchini Salad Fruit</p>	<p>21] Hot Dog Baked Beans Carrots Cantaloupe</p> <p align="center"><i>Cold Meal</i> Chef Salad w/ Turkey, Egg & Cheese w/ Dressing Sweet Potato Salad Fruit</p>	<p>22] CLOSED Thanksgiving Day</p>	<p>23] CLOSED</p>
<p>26] Braised Pork w/ Apples & Onions Roasted Sweet Potato Brussel Sprouts Apple Spice Cake DB: Angel Food Cake</p> <p align="center"><i>Cold Meal</i> Turkey & Swiss Sandwich w/ Lettuce Confetti Coleslaw Italian Pasta Salad Jell-O</p>	<p>27] #1 Baked Haddock Buttered Bliss Potato Broccoli Jell-O #2 Turkey & Cheese Croissant</p> <p align="center"><i>Cold Meal</i> Caesar Salad w/ Chicken Cucumber & Tomato Salad Chilled Pineapple</p>	<p>28] Oven Fried Chicken Macaroni & Cheese Southern Greens Mandarin Oranges</p> <p align="center"><i>Cold Meal</i> Roast Beef & Provolone w/ Lettuce & Pickles Traditional Potato Salad Marinated Vegetables Fruit</p>	<p>29] Salisbury Steak w/ Gravy Mashed Potatoes Mixed Vegetables Sugar Cookie DB: Lemon Cookie</p> <p align="center"><i>Cold Meal</i> Chicken Salad Sandwich w/ Lettuce Zucchini Salad Quinoa Salad Fruit</p>	<p>30] Stuffed Pepper w/ Rustic Tomato Sauce Au Gratin Potatoes Birthday Cake DB: Graham Crackers</p> <p align="center"><i>Cold Meal</i> Pesto Chicken Sandwich w/ Lettuce Greek Chickpea Salad Beet Salad Oatmeal Raisin Cookie</p>

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Suggested Donation **\$2.00** per Meal

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SKIM MILK _____

DIABETIC DESSERT _____