

**ROCKINGHAM NUTRITION &
MEALS ON WHEELS PROGRAM**

**DECEMBER
2018**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 Swedish Meatballs Mashed Potatoes Beets Coconut Cake DB: Angel Food Cake</p> <p><i>Cold Meal</i> Tuna Salad w/ Lettuce Pesto Pasta Salad White Bean & Tomato Salad Fruit</p>	<p>4 #1 Macaroni & Cheese California Blend Vegetables Crumb Top Tomatoes Yogurt Parfait DB: Parfait</p> <p>#2 Roasted Pork w/ Au Ju</p> <p><i>Cold Meal</i> BBQ Chicken Sandwich Raisin Carrot Salad Potato Salad Coleslaw Lemon Cookie</p>	<p>5 #1 Turkey w/ Gravy Cranberry Sauce Whipped Potatoes Peas Double Chocolate Cookie DB: Chocolate Chip Cookie</p> <p>#2 Beef w/ Onion Gravy</p> <p><i>Cold Meal</i> Chicken Salad Spinach Salad w/ Dressing Mexican Street Corn Jell-O</p>	<p>6 Hot Dog Baked Beans Carrots Mandarin Oranges</p> <p><i>Cold Meal</i> Turkey Club Sandwich Vegetable Pasta Salad Cucumber Salad Chilled Fruit</p>	<p>7 Chicken Tenders Green Beans & Red Pepper Potato Wedges Blondie DB: Brownie</p> <p><i>Cold Meal</i> Pork Sandwich w/ Ham, Swiss Cheese & Pickles Rice Salad w/ Citrus Dressing Coleslaw Fruit</p>
<p>10 #1 Beef Stew Peas & Carrots Mashed Potatoes Chocolate Mousse #2 Cheese Pizza</p> <p><i>Cold Meal</i> Pork Sandwich w/ Spinach & Onion Marmalade Tarragon Potato Salad Three Bean Salad Cookie</p>	<p>11 Stuffed Shells w/ Marinara Sauce Mixed Vegetables Caesar Salad w/ Dressing Apple Crisp DB: Baked Apples</p> <p><i>Cold Meal</i> Turkey Gobbler w/ Cranberry Sauce & Stuffing Green Bean & Apple Salad Chilled Peaches</p>	<p>12 Chicken Lemon Picatta Parslied Rice Broccoli Fruit</p> <p><i>Cold Meal</i> Egg Salad w. Lettuce Macaroni Salad Coleslaw Vanilla Pudding</p>	<p>13 <i>Winter Special</i> Ham w/ Brown Sugar Glaze Au Gratin Potatoes Garlic Green Beans Upside Down Berry Cheesecake DB: Cheesecake</p> <p><i>Cold Meal</i> Roast Beef & Provolone w/ Lettuce Mexican Street Corn Salad Sweet Potato Salad Fruit</p>	<p>14 Shepherd's Pie w/ Peas & Corn Mashed Potatoes Carrots Lemon Square DB: Lemon Cookie</p> <p><i>Cold Meal</i> Pesto Chicken Sandwich w/ Lettuce Garden Salad w/ Dressing Beet Salad Chilled Fruit</p>

Menu Subject to Change

Suggested Donation \$2.00 per Meal

NAME: _____

REGULAR MILK _____

SKIM MILK _____

DIABETIC DESSERT _____

Rockingham Nutrition & Meals on Wheels

DECEMBER 2018

Brentwood, NH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>17] Eggplant Parmesan w/ Marinara Sauce & Cheese Garlic Spinach Pasta Oatmeal Raisin Cookie DB: Chocolate Chip Cookie</p> <p><i>Cold Meal</i> Chicken Caesar Salad Cucumber & Tomato Salad Chilled Pineapple</p>	<p>18] #1 Beef & Broccoli Mandarin Blend Fried Rice Chilled Pineapple #2 Sweet & Sour Chicken</p> <p><i>Cold Meal</i> Ham & Pineapple Salad w/ Lettuce Bean, Corn & Pepper Salad</p>	<p>19] Smothered Pork w/ Onion Gravy Whipped Sweet Potatoes Pearl Onions & Peas Yogurt Parfait DB: Parfait</p> <p><i>Cold Meal</i> Tarragon Chicken Salad Roll Marinated Vegetables Italian Pasta Salad Jell-O</p>	<p>20] Turkey Divan w/ Red Pepper Rotini Broccoli Tiramisu DB: Angel Food Cake</p> <p><i>Cold Meal</i> Tuna Salad w/ Lettuce White Bean & Cucumber Salad Roasted Carrot Salad Fruit</p>	<p>21] #1 Greek Style Chicken Roasted Tomatoes w/ Garlic Lemon Rice Pilaf Blondie DB: Graham Crackers #2 Salisbury Steak w/ Gravy</p> <p><i>Cold Meal</i> Turkey, Cranberry, Apple Salad Sandwich w/ Lettuce Tarragon Potato Salad Confetti Coleslaw Graham Crackers</p>
<p>24] Boneless Chicken w/ Tangy Cranberry Sauce Roasted Sweet Potatoes Brussel Sprouts Chocolate Pudding DB: Vanilla Pudding</p> <p><i>Cold Meal</i> Roast Beef w/ Lettuce & Cheese Butternut Squash Salad Barley Raisin Salad Cookie</p>	<p>25] CLOSED Christmas Day</p>	<p>26] Meatloaf w/ Mushroom Gravy Cheddar Whipped Potatoes Carrots Birthday Cake DB: Angel Food Cake</p> <p><i>Cold Meal</i> Chef Salad w/ Turkey, Egg & Cheese Sweet Potato Salad Chilled Fruit</p>	<p>27] Lasagna w/ Marinara Sauce Roasted Zucchini Pineapple</p> <p><i>Cold Meal</i> Chicken & Couscous Salad Mixed Green Salad w/ Dressing Roasted Vegetables Vanilla Pudding</p>	<p>28] #1 Potato Crunch Fish Mashed Red Bliss Potatoes Green Beans Berry Crisp DB: Crisp #2 Rib-Q w/ BBQ Sauce</p> <p><i>Cold Meal</i> Deviled Egg Salad Sandwich w/ Lettuce Spinach Salad w/ Dressing Zucchini Salad Fruit</p>
<p>31] Sweet & Sour Meatballs Cabbage & Carrots Fried Rice Pineapple Upside Down Cake DB: Mousse</p> <p><i>Cold Meal</i> Turkey & Swiss Sandwich w/ Lettuce Italian Pasta Salad Confetti Coleslaw Jell-O</p>	<p>1] CLOSED New Year's Day</p>	<p>2] Yankee Pot Roast w/ Gravy Golden Mashed Potatoes Butternut Squash Banana Tea Cake DB: Angel Food Cake</p> <p><i>Cold Meal</i> Chicken Salad w/ Lettuce Zucchini Salad Quinoa Salad Chilled Fruit</p>	<p>3] #1 Chicken Pot Pie w/ Peas & Carrots Steamed Potatoes Yogurt Parfait DB: Parfait #2 BBQ Pulled Pork</p> <p><i>Cold Meal</i> Roast Beef & Provolone w/ Lettuce & Pickles Traditional Potato Salad Marinated Vegetables Chilled Fruit</p>	<p>4] American Chop Suey Roasted Cauliflower Green Beans Cantaloupe</p> <p><i>Cold Meal</i> Pesto Chicken Sandwich w/ Lettuce Greek Chickpea Salad Beet Salad Oatmeal Raisin Cookie</p>

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