

**ROCKINGHAM NUTRITION &
MEALS ON WHEELS PROGRAM**

**FEBRUARY
2019**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4 Honey Rosemary Pork Roasted Sweet Potato Brussel Sprouts Marble Cake DB: Angel Food Cake</p> <p><i>Cold Meal</i> Turkey & Swiss Sandwich w/ Lettuce Confetti Coleslaw Italian Pasta Salad Jell-O</p>	<p>5 #1 Cranberry Orange Glazed Chicken Cheddar Whipped Potatoes Mixed Vegetables Cantaloupe #2 Coconut Curried Fish</p> <p><i>Cold Meal</i> Egg Salad w/ Lettuce Zucchini Salad Spinach Salad w/ Dressing Fruit</p>	<p>6 Rib-Q w/ BBQ Sauce Whipped Sweet Potato Zucchini Jell-O</p> <p><i>Cold Meal</i> Roast Beef & Provolone w/ Pickles & Lettuce Traditional Potato Salad Marinated Vegetables Fruit</p>	<p>7 #1 Meatball Stroganoff Buttered Noodles Peas Chocolate Chip Cookie DB: Lemon Cookie #2 Pesto Chicken</p> <p><i>Cold Meal</i> Chicken Salad w/ Lettuce Zucchini Salad Quinoa Salad Oatmeal Raisin Cookie</p>	<p>8 Egg & Cheese Croissant Roasted Potatoes Baked Apples w/ Cinnamon Brownie DB: Mousse</p> <p><i>Cold Meal</i> Pesto Chicken Sandwich w/ Lettuce Greek Chickpea Salad Beet Salad Fruit</p>
<p>11 Chicken Caccitore Pasta Spinach Yogurt Parfait DB: Parfait</p> <p><i>Cold Meal</i> Turkey Club Sandwich w/ Lettuce, Cheese, Ham Vegetable Pasta Salad Cucumber Salad Fruit</p>	<p>12 Hot Dog Baked Beans Carrots Mandarin Oranges</p> <p><i>Cold Meal</i> BBQ Chicken Sandwich Coleslaw Pesto Pasta Salad Raisin Carrot Salad Lemon Cookie</p>	<p>13 Beef Stew w/ Peas & Carrots Mashed Potatoes Sugar Cookie DB: Chocolate Chip Cookie</p> <p><i>Cold Meal</i> Tuna Salad w/ Lettuce White Bean & Tomato Salad Potato Salad Jell-O</p>	<p>14 <i>Friendship Celebration</i> Country Fried Steak w/ Grav Cheddar Whipped Potatoes Stewed Tomatoes Red Velvet Cake DB: Angel Food Cake</p> <p><i>Cold Meal</i> Pork, Ham & Swiss Sandwich w/ Pickles Rice Salad w/ Dressing Coleslaw Fruit</p>	<p>15 Macaroni & Cheese Vegetable Blend Broccoli Chocolate Pudding DB: Vanilla Pudding</p> <p><i>Cold Meal</i> Chicken Salad Mexican Street Corn Salad Spinach Salad w/ Dressing Fruit</p>

Menu Subject to Change

Suggested Donation \$3.00 per Meal

NAME: _____

REGULAR MILK _____

SKIM MILK _____

DIABETIC DESSERT _____

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Rockingham Nutrition & Meals on Wheels

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
18 <p align="center">CLOSED President's Day</p>	19 <p>Chicken Stir Fry Asian Vegetable Blend Fried Rice Chilled Pineapple</p> <p><i>Cold Meal</i> Turkey Gobbler w/ Cranberry Sauce Stuffing Green Bean & Apple Salad Peaches</p>	20 <p>#1 Salisbury Steak Whipped Potatoes Corn & Peas Vanilla Pudding DB: Chocolate Pudding #2 Turkey w/ Gravy Cranberry Sauce</p> <p><i>Cold Meal</i> Egg Salad w/ Lettuce Macaroni Salad Coleslaw Vanilla Pudding</p>	21 <p>Lasagna w/ Marinara Sauce Roasted Cauliflower Carrot Cake DB: Graham Crackers</p> <p><i>Cold Meal</i> Roast Beef & Provolone w/ Lettuce Mexican Street Corn Salad Sweet Potato Salad Fruit</p>	22 <p>#1 Breaded Fish Whipped Sweet Potatoes Green Beans Fruit Crisp DB: Baked Fruit #2 Honey Mustard Pork</p> <p><i>Cold Meal</i> Pesto Chicken Sandwich w/ Lettuce Garden Salad w/ Dressing Beet Salad Graham Crackers</p>
25 <p>#1 Chicken Mirabella Roasted Carrots Rice Pilaf Apple Spice Cake DB: Angel Food Cake #2 Eggplant Parmesan Pasta</p> <p><i>Cold Meal</i> Pork Sandwich w/ Spinach Tarragon Potato Salad Three Bean Salad Cookie</p>	26 <p>BBQ Pulled Pork Rustic Cut Sweet Potatoes Braised Red Cabbage Jell-O</p> <p><i>Cold Meal</i> Tuna Salad w/ Lettuce White Bean & Cucumber Salad Roasted Carrot Salad Pineapple</p>	27 <p>#1 "Lazy" Chicken Cordon Blu w/ Supreme Sauce Roasted Potatoes Green Beans Cantaloupe #2 Liver & Onions</p> <p><i>Cold Meal</i> Ham & Pineapple Salad Bean, Corn & Pepper Salad Caesar Salad w/ Dressing Fruit</p>	28 <p>Beef Shepherd's Pie w/ Mashed Potatoes Corn & Peas Roasted Butternut Squash Birthday Cake DB: Angel Food Cake</p> <p><i>Cold Meal</i> Tarragon Chicken Salad Roll Marinated Vegetables Italian Pasta Salad Jell-O</p>	1 <p>Stuffed Shells w/ Marinara Sauce Garlic Broccoli & Cauliflower Zucchini Yogurt Parfait DB: Parfait</p> <p><i>Cold Meal</i> Caesar Salad w/ Chicken Cucumber & Tomato Salad Fruit</p>

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