

**ROCKINGHAM NUTRITION &  
MEALS ON WHEELS PROGRAM**

**JANUARY  
2019**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>7 <b>Hot Dog</b> Baked Beans Carrots Mandarin Oranges</p> <p><i>Cold Meal</i> Turkey Club Sandwich w/ Lettuce &amp; Bacon Vegetable Pasta Salad Cucumber Salad Fresh Fruit</p>	<p>8 <b>#1 Baked Fish</b> Buttered Bliss Potatoes Broccoli Jell-O <b>#2 Smothered Pork</b></p> <p><i>Cold Meal</i> BBQ Chicken Sandwich Pesto Pasta Salad Raisin Carrot Salad Coleslaw Lemon Cookie</p>	<p>9 <b>Oven Fried Chicken</b> Macaroni &amp; Cheese Southern Greens Berry Crisp</p> <p><i>Cold Meal</i> Tuna Salad w/ Lettuce Potato Salad White Bean &amp; Tomato Salad Jell-O</p>	<p>10 <b>#1 Salisbury Steak</b> Mashed Potatoes Mixed Vegetables Chocolate Pudding DB: Vanilla Pudding <b>#2 Egg &amp; Cheese Croissant</b></p> <p><i>Cold Meal</i> Chicken Salad w/ Lettuce Mexican Streen Corn Salad Spinach Salad w/ Dressing Fruit</p>	<p>11 <b>Stuffed Pepper w/ Rustic Tomato Sauce</b> Au Gratin Potatoes Apple Spice Cake DB: Angel Food Cake</p> <p><i>Cold Meal</i> Pork, Ham &amp; Swiss Sandwich w/ Pickles Rice Salad w/ Citrus Dressing Coleslaw Fresh Fruit</p>
<p>14 <b>Swedish Meatballs w/ Gravy</b> Mashed Potatoes Beets Fresh Fruit</p> <p><i>Cold Meal</i> Pork Sandwich w/ Spinach &amp; Onion Marmalade Tarragon Potato Salad Three Bean Salad Cookie</p>	<p>15 <b>#1 Macaroni &amp; Cheese</b> Crum Top Tomatoes California Blend Vegetables Yogurt Parfait DB: Parfait <b>#2 Balsamic Glazed Chicken</b></p> <p><i>Cold Meal</i> Turkey Gobbler w/ Cranberry Sauce Stuffing Green Bean &amp; Apple Salad Peaches</p>	<p>16 <b>Turkey w/ Gravy</b> Cranberry Sauce Sweet Whipped Potatoes Peas Chocolate Chip Cookies DB: Lemon Cookie</p> <p><i>Cold Meal</i> Egg Salad w/ Lettuce Macaroni Salad Coleslaw Vanilla Pudding</p>	<p>17 <b>Hawaiian Luau</b> Chicken w/ Pineapple Soy Sauce Island Fried Rice Oriental Vegetable Blend Luau Cake DB: Banana Pudding</p> <p><i>Cold Meal</i> Roast Beef &amp; Provolone w/ Lettuce Mexican Street Corn Sweet Potato Salad Fresh Fruit</p>	<p>18 <b>Beef Stew w/ Peas &amp; Carrots</b> Mashed Potatoes Brownie DB: Mousse</p> <p><i>Cold Meal</i> Pesto Chicken Sandwich w/ Lettuce Garden Salad w/ Dressing Beet Salad Fruit</p>

Menu Subject to Change

NAME: \_\_\_\_\_

REGULAR MILK \_\_\_\_\_

SKIM MILK \_\_\_\_\_

DIABETIC DESSERT \_\_\_\_\_

**JANUARY  
2019**

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Brentwood, NH**

**Rockingham Nutrition & Meals on Wheels**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>21</p> <p align="center"><b>CLOSED</b> Martin Luther King Jr. Day</p>	<p>22</p> <p align="center"><b>Stuffed Shells w/ Marinara Sauce</b> Broccoli Birthday Cake DB: Angel Food Cake</p> <p align="center"><i>Cold Meal</i> Tuna Salad w/ Lettuce White Bean &amp; Cucumber Salad Roasted Carrot Salad Chilled Pineapple</p>	<p>23</p> <p align="center"><b>#1 Chicken Mirabella</b> Parslied Rice Roasted Tomatoes Fresh Fruit <b>#2 Beef Stew</b></p> <p align="center"><i>Cold Meal</i> Ham &amp; Pineapple Salad w/ Lettuce Bean, Corn &amp; Pepper Salad Caesar Salad w/ Dressing Fresh Fruit</p>	<p>24</p> <p align="center"><b>Ribeque w/ Honey BBQ Sauce</b> Sweet Potato Wedges Cauliflower Chocolate Pudding DB: Vanilla Pudding</p> <p align="center"><i>Cold Meal</i> Tarragon Chicken Salad Roll w/ Lettuce Marinated Vegetables Italian Pasta Salad Jell-O</p>	<p>25</p> <p align="center"><b>#1 Shepherd's Pie w/ Peas &amp; Corn</b> Mashed Potatoes Roasted Butternut Squash Carrot Cake DB: Graham Crackers <b>#2 Garlic Fish</b></p> <p align="center"><i>Cold Meal</i> Caesar Salad w/ Chicken Cucumber &amp; Tomato Salad Fresh Fruit</p>
<p>28</p> <p align="center"><b>Turkey Divan</b> Rotini Broccoli Strawberry Mousse</p> <p align="center"><i>Cold Meal</i> Deviled Egg Salad Sandwich w/ Lettuce Zucchini Salad Spinach Salad w/ Dressing Graham Crackers</p>	<p>29</p> <p align="center"><b>Beef &amp; Broccoli</b> Mandarin Blend Fried Rice Sugar Cookie DB: Chocolate Chip Cookie</p> <p align="center"><i>Cold Meal</i> Chicken &amp; Couscous Salad Mixed Green Salad w/ Dressing Roasted Vegetables Cookie</p>	<p>30</p> <p align="center"><b>#1 Breaded Fish</b> Pearl Onions &amp; Peas Whipped Sweet Potatoes Oatmeal Raisin Cookie DB: Lemon Cookie <b>#2 Meatloaf w/ Gravy</b></p> <p align="center"><i>Cold Meal</i> Chef Salad w/ Turkey, Egg &amp; Cheese Sweet Potato Salad Fruit</p>	<p>31</p> <p align="center"><b>Eggplant Parmesan w/ Marinara Sauce &amp; Cheese</b> Garlic Spinach Pasta Cantaloupe</p> <p align="center"><i>Cold Meal</i> Turkey, Cranberry, Apple Salad Sandwich w/ Lettuce Tarragon Potato Salad Confetti Coleslaw Vanilla Pudding</p>	<p>1</p> <p align="center"><b>#1 Chicken Pot Pie w/ Peas &amp; Carrots</b> Parslied Steamed Potato Yogurt Parfait DB: Parfait <b>#2 BBQ Pulled Pork</b></p> <p align="center"><i>Cold Meal</i> Roast Beef w/ Lettuce &amp; Cheese Butternut Squash Salad Barley Raisin Salad Fresh Fruit</p>

Menu Subject to Change

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REGULAR MILK \_\_\_\_\_

SKIM MILK \_\_\_\_\_

DIABETIC DESSERT \_\_\_\_\_