

**ROCKINGHAM NUTRITION &  
MEALS ON WHEELS PROGRAM**



**October-15**



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 <b>Turkey Divan</b> Jasmine Rice Roasted Carrots Whole Wheat Dinner Roll Pineapples	6 <b>#1 Grilled Chicken w/ Lemon &amp; Garlic Sauce</b> Mixed Vegetables Red & Golden Beets Multi Grain Bread Key Lime Cookie DB: Graham Crackers <b>#2 Salisbury Steak</b>	7 <b>Ravioli w/ Marinara Sauce</b> Kale Garden Salad w/ Dressing Dinner Roll Coconut Cake DB: Angel Food Cake	8 <b>Beef Burgundy w/ Sauce &amp; Pearl Onions</b> Mashed Potatoes Green Beans Whole Wheat Bread Chilled Peaches	9 <b>#1 Pulled Pork w/ BBQ Sauce</b> Potatoes w/ Red Pepper Corn Sandwich Bun Brownie DB: Chocolate Chip Cookie <b>#2 Baked Chicken</b>
12 <b>Columbus Day Closed</b>	13 <b>#1 Potato Crunch Fish w/ Tartar Sauce</b> Roasted Sweet Potatoes Peas Muffin Chocolate Chip Cookie DB: Lemon Cookie <b>#2 Greek Style Chicken</b>	14 <b>Smothered Pork Chop w/ Cider &amp; Onion Gravy</b> Sage Stuffing Vegetable Blend Rye Bread Cantaloupe	15 <b>Chicken Teriyaki</b> Jasmine Rice Cabbage Salad w/ Dressing Whole Wheat Bread Gingerbread Cake DB: Brownie	16 <b>#1 Meatball Stroganoff</b> Mashed Potatoes Dilled Carrots Oatmeal Bread Vanilla Pudding DB: Chocolate Pudding <b>#2 Roasted Turkey</b>
19 <b>Stuffed Pepper w/ Rustic Tomato Sauce</b> Mashed Sweet Potato Garden Salad w/ Dressing Hearty White Bread Oatmeal Raisin Cookie DB: Graham Crackers	20 <b>#1 Chicken A La King</b> Mushrooms & Red Peppers Green Beans Rice Pilaf Whole Wheat Roll Chocolate Pudding DB: Vanilla Pudding <b>#2 BBQ Pork</b>	21 <b>Yankee Pot Roast w/ Gravy</b> Mashed Potatoes Roasted Butternut Squash Multi Grain Bread Fruit Bar	22 <b>Autumn Fest Pumpkin Ravioli w/ Chicken</b> Sage Cream Sauce Zucchini & Carrot Batons Sourdough Roll Apple Spice Cake DB: Angel Food Cake	23 <b>#1 Breaded Lite Fish w/ Calypso Sauce</b> Roasted Potatoes Corn Whole Wheat Bread Hermit Cookie DB: Chocolate Chip Cookie <b>#2 Baked Chicken</b>
26 <b>Hot Dog</b> Baked Beans Coleslaw Whole Wheat Hot Dog Roll Orange	27 <b>#1 Braised Beef w/ Onions</b> Mashed Potatoes Brussel Sprouts Dinner Roll Carrot Cake DB: Blondie <b>#2 Herbed Chicken</b>	28 <b>Veggie Lasagna</b> Cream Sauce w/ Spinach & Broccoli Roasted Zucchini Scali Bread Fruit Bar DB: Lemon Cookie	29 <b>Roasted Turkey w/ Gravy</b> Cranberry Sauce Mashed Potatoes Green Beans Oatmeal Bread Tapioca Pudding DB: Chocolate Pudding	30 <b>#1 Fried Chicken</b> Mashed Sweet Potato Peas Corn Bread Blondie DB: Brownie <b>#2 Potato Crunch Fish w/ Tartar Sauce</b>



The largest pumpkin ever measured was grown by Nom Craven, who broke the world record in 1993 with a 836lb pumpkin.



The first Jack O' Lanterns were actually made from turnips.



Menu Subject to Change

Suggested Donation **\$2.00** per Meal

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

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

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

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