

**ROCKINGHAM NUTRITION &  
MEALS ON WHEELS PROGRAM**



**September-2015**



**Seabrook Site 474-2139**

**Lorraine Delisle (Site Mgr)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 <b>Tortellini w/ Marinara Sauce</b> Roasted Cauliflower Broccoli Scali Bread Chocolate Chip Cookie DB: Lemon Cookie	1 <b>#1 Potato Crunch Fish w/ Tartar Sauce</b> Roasted Sweet Potato Peas Muffin Spice Cake DB: Angel Food Cake <b>#2 Greek Style Chicken</b>	2 <b>Smothered Pork Chop w/ Cider &amp; Onion Gravy</b> Sage Stuffing Vegetable Blend Rye Bread Cantaloupe	3 <b>Boneless Chicken Teriyaki</b> Jasmine Rice Cabbage Salad w/ Dressing Whole Wheat Bread Hermit DB: Graham Crackers	4 <b>Meatball Stroganoff</b> Mashed Potatoes Dilled Carrots Oatmeal Bread Fruited Red Jello DB: Fruited Green Jello
7 <b>CLOSED LABOR DAY</b>	8 <b>Macaroni &amp; Cheese</b> Crumb Topped Tomato Green Beans Whole Wheat Roll Chocolate Pudding DB: Vanilla Pudding	9 <b>Chicken A La King w/ Mushrooms &amp; Red Pepper In Sauce</b> Rice Pilaf Mixed Vegetables Biscuit Fruit	10 <b>Yankee Pot Roast w/ Gravy</b> Mashed Potato Roasted Butternut Squash Multigrain Bread Brownie DB: Graham Crackers	11 <b>#1 Breaded Lite Fish w/ Calypso Sauce</b> Roasted Potatoes Corn Whole Wheat Bread Peach Crisp DB: Baked Peaches <b>#2 Roasted Chicken</b>
14 <b>Hot Dog</b> Baked Beans Coleslaw Whole Wheat Hot Dog Roll Orange	15 <b>Braised Beef w/ Onions</b> Mashed Potato Brussels Sprouts Dinner Roll Tapioca Pudding DB: Chocolate Pudding	16 <b>Veggie Lasagna in Cream Sauce w/ Spinach &amp; Broccoli</b> Roasted Zucchini Scali Bread Chocolate Chip Cookie DB: Lemon Cookie	17 <i>Little Italy Special</i> <b>Chicken Saltimbocca w/ Prosciutto &amp; Sage</b> Pappardelle Noodles Lemon Garlic Broccoli Bread Stick Limoncello Cake DB: Angel Food Cake	18 <b>Stuffed Pepper w/ Rustic Tomato Sauce</b> Mashed Sweet Potato Garden Salad w/ Dressing Hearty White Bread Oatmeal Raisin Cookie DB: Brownie
21 <b>Bow Tie Pasta w/ Meat Sauce</b> Lemon Broccoli Mixed Green Salad w/Dressing Vienna Bread Lemon Cookie DB: Graham Crackers	22 <b>Molasses Rubbed Pork w/ Gravy</b> Mashed Potato Braised Red & Green Cabbage Whole Wheat Bread Birthday Cake DB: Angel Food Cake 	23 <b>#1 Roasted Salmon w/ Orange Glaze</b> Steamed Red Potato Peas Apple Muffin Berry Pudding DB: Vanilla Pudding <b>#2 Grilled Chicken</b>	24 <b>#1 Salisbury Steak</b> Mashed Potatoes Green Beans Dinner Roll Key Lime Cookie DB: Lemon Cookie <b># 2 Liver &amp; Onions</b>	25 <b>Boneless Chicken w/ Florentine Sauce</b> Brown Rice Pilaf Roasted Turnips, Parsnips & Carrots Sourdough Bread Pumpkin Square DB: Chocolate Chip Cookie
28 <b>Breaded Chicken Bites w/ Honey Mustard Sauce</b> Potato Wedges Veggie Blend Whole Wheat Roll Butterscotch Pudding DB: Vanilla Pudding	29 <b>#1 Haddock w/ Sauce</b> Orzo Pilaf Creamed Spinach Oatmeal Bread Banana Tea Cake DB: Chocolate Chip Cookie <b>#2 Ribbe-Q</b>	30 <b>Hamburger</b> Au Gratin Potatoes Peas & Corn Hamburger Bun Fruit	1 <b>Boneless Roasted Chicken w/ Gravy</b> Mashed Potatoes Roasted Winter Squash Dinner Roll Blondie DB: Brownie	2 <b>American Chop Suey</b> Zucchini & Summer Squash Caesar Salad w/ Dressing Hearty White Bread Mandarin Oranges

Menu Subject to Change

Suggested Donation \$2.00 per Meal

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

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

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

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