

ROCKINGHAM NUTRITION &
MEALS ON WHEELS PROGRAM

June-2010

Seabrook Site 474-2139
Betty Ash (Site Mgr)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CLOSED MEMORIAL DAY</p> <p>7 Beef Pot Pie Cauliflower Broccoli Potato Roll Poppy Seed Cake</p>	<p>1 #1- Turkey Chili Lyonnais Potato Carrots Cornbread Fresh Fruit</p> <p>#2- Cranberry Apricot Chicken</p>	<p>2 Salisbury Steak w/ Gravy Chive Whipped Potatoes Broccoli Honey Wheat Dinner Roll Peanut Butter Brownie w/ Butterscotch Chips DB: Cookie</p>	<p>3 #1- Meatloaf Sandwich Macaroni Salad 4-Bean Salad Hamburger Bun Lime Pineapple Bavarian</p> <p>#2- Tropical Pulled Pork Sandwich</p>	<p>4 #1- Macaroni & Cheese Stewed Tomatoes Green Beans Biscuit Chilled Fruit</p> <p>#2- Baked Fish w/ Florentine Sauce</p>
<p>14 Breakfast Napoleon Home Fries Hot Applesauce Blueberry Muffin Orange Juice</p>	<p>15 Shepard's Pie w/ Gravy Carrots Egg Dinner Roll Fresh Fruit</p>	<p>9 #1- Chicken Salad Dilled Pea Salad Carrot Raisin Salad Sliced White Bread Birthday Cake DB: Plain Cake</p> <p>#2- Seafood & Shrimp Salad</p>	<p>10 #1-Sliced Ham w/ Cheese Chilled Fruit Marinated Veggie Salad Hamburger Bun Chocolate Chunk Cookie</p> <p>#2- Roast Beef w/ Cheese</p>	<p>11 #1- Chicken w/ Pesto Roasted Sweet Potatoes Corn & Red Pepper Egg Dinner Roll Dutch Apple Pie</p> <p>#2- Baja Fish</p>
<p>21 Stuffed Green Pepper w/ Herb Sauce Sour Cream Whipped Potato Scandinavian Vegetables Snow Flake Roll Applesauce Cake</p>	<p>22 #1- Black Forest Chicken Whipped Potato Spinach Biscuit Oatmeal Raisin Cookie</p>	<p>16 #1-Cocoanut Lime Chicken Bow Tie Pasta Salad Confetti Coleslaw Pita Pocket Pineapple Vanilla Pudding #2- Tuna Salad w/ Shredded Lettuce</p>	<p>17 Father's Day Special! Angus Beef Burger with all the Fixin's Baked Beans Summer Roasted Vegetables Hamburger Roll Double Crusted Blueberry Pie Square w/ Topping</p>	<p>18 #1- Broccoli Cheese Pasta Casserole Roasted Potatoes Peas with Onions Multigrain Bread Banana Cake</p> <p>#2- Chicken Marsala</p>
<p>28 Sweet & Sour Chicken Vegetables & Rice Oriental Vegetables Sesame Dinner Roll Fresh Fruit</p>	<p>29 #1- Hot Dog Baked Beans Carrots Hot Dog Roll M & M Cookie #2- Grilled Chicken Sandwich w/ Onions & Peppers</p>	<p>23 #1- Ham Salad Carrot Pineapple Salad Beet & Onion Salad Pita Pocket Chilled Fruit</p> <p>#2- Egg Salad</p>	<p>24 Meat Loaf w/ Gravy Whipped Sweet Potato Broccoli Corn Bread Chocolate Almond Pudding</p>	<p>25 #1- Turkey London Broil Tossed Salad w/ Dressing Carrots & Cauliflower Garlic Herb Dinner Roll Strawberry Fruit Treat</p> <p>#2- Baked Ziti</p>
<p>31 Vegetables & Rice Oriental Vegetables Sesame Dinner Roll Fresh Fruit</p>	<p>30 #1- Ham Salad Carrot Pineapple Salad Beet & Onion Salad Pita Pocket Chilled Fruit</p> <p>#2- Egg Salad</p>	<p>1 #1- Roast Pork Loin w/ Gravy Hot Apples Whipped Potato Honey Wheat Roll Cranberry Square #2- Beef Stroganoff</p>	<p>2 #1- Fish Cake Whipped Sweet Potatoes Green Beans Hamburger Bun Blueberry Cake #2- Chicken Patty w/ Cheese Slice</p>	<p>3 #1- Macaroni & Cheese Stewed Tomatoes Green Beans Biscuit Chilled Fruit</p> <p>#2- Baked Fish w/ Florentine Sauce</p>

Menu Subject to Change

*() = Lower Sodium Choice**

Suggested Donation \$2.00 per Meal

NAME: _____ REGULAR MILK _____ SKIM MILK _____ DIABETIC DESSERT _____