

October



2026

Name:_____

Route:_____

Monday	Tuesday	Wednesday	Thursday	Friday
Remember: Do NOT vent or pierce film when microwaving, this causes the food to dry out. Please wash fresh fruit before eating. Suggested Donation is \$4.00 per meal.			1 Autumn Chicken Stew Quinoa & Broccoli	2 Beef Pot Roast Tomato Gravy, Roasted Potatoes, Broccoli, Cauliflower & Carrots
5 Moroccan Vegetable Stew Brown Rice, Peas, & Carrots	6 Sesame Chicken Asian Vegetables, White Rice, Broccoli, Cauliflower & Carrots	7 Beef Pot Roast Rice, Beans, Potatoes Broccoli, Cauliflower & Carrots	8 BBQ Pork Rib Patty Roasted Sweet Potato, Corn, Black Bean Fiesta, & Broccoli	9 Hunter Style Chicken Roasted Potato & Broccoli
12 CLOSED FOR THE HOLIDAY	13 Beef & Sweet Potato Chili Corn	14 Apricot Chicken Veg Rice Medley, Zucchini & Peas	15 Pork with Applesauce Potatoes & Vegetable Medley	16 Chicken Jambalaya Rice & Green Beans
19 Autumn Chicken Stew Potatoes & Vegetables, Broccoli & Garbanzo Beans	20 Chicken with Salsa Southwest Brown Rice & Green Beans	21 : Pineapple Pork Riblet with Sweet Chili Sauce Jasmine Rice & Green Beans	22 Beef & Rice with Enchilada Sauce Green Beans & Corn	23 BBQ Pork Rib Patty Sweet Potato, Corn Hash & Broccoli
26 Beef Pot Roast Tomato Gravy, Roasted Potatoes, Broccoli, Cauliflower, & Carrots	27 Pot Roast Herbed Sauce, Potatoes & Peas	28 Beef Stir Fry Broccoli, Bean Sprouts, Edamame & Brown Rice	29 Hunter Style Chicken Roasted Potato & Broccoli	30 Beef Pot Roast Tomato Gravy, Roasted Potatoes, Broccoli, Cauliflower, & Carrots

The New Pyramid

How do we decide what food ends up at your door?

Every five years, the USDA and HHS publish the Dietary Guidelines for Americans, a document that provides advice on what to eat and drink to promote health and prevent diet-related disease. First published in 1980, the documents are intended to guide policymakers, federal nutrition program operators, healthcare providers and nutrition educators as they craft nutrition policy, advise patients and teach students about how to eat for optimal health.

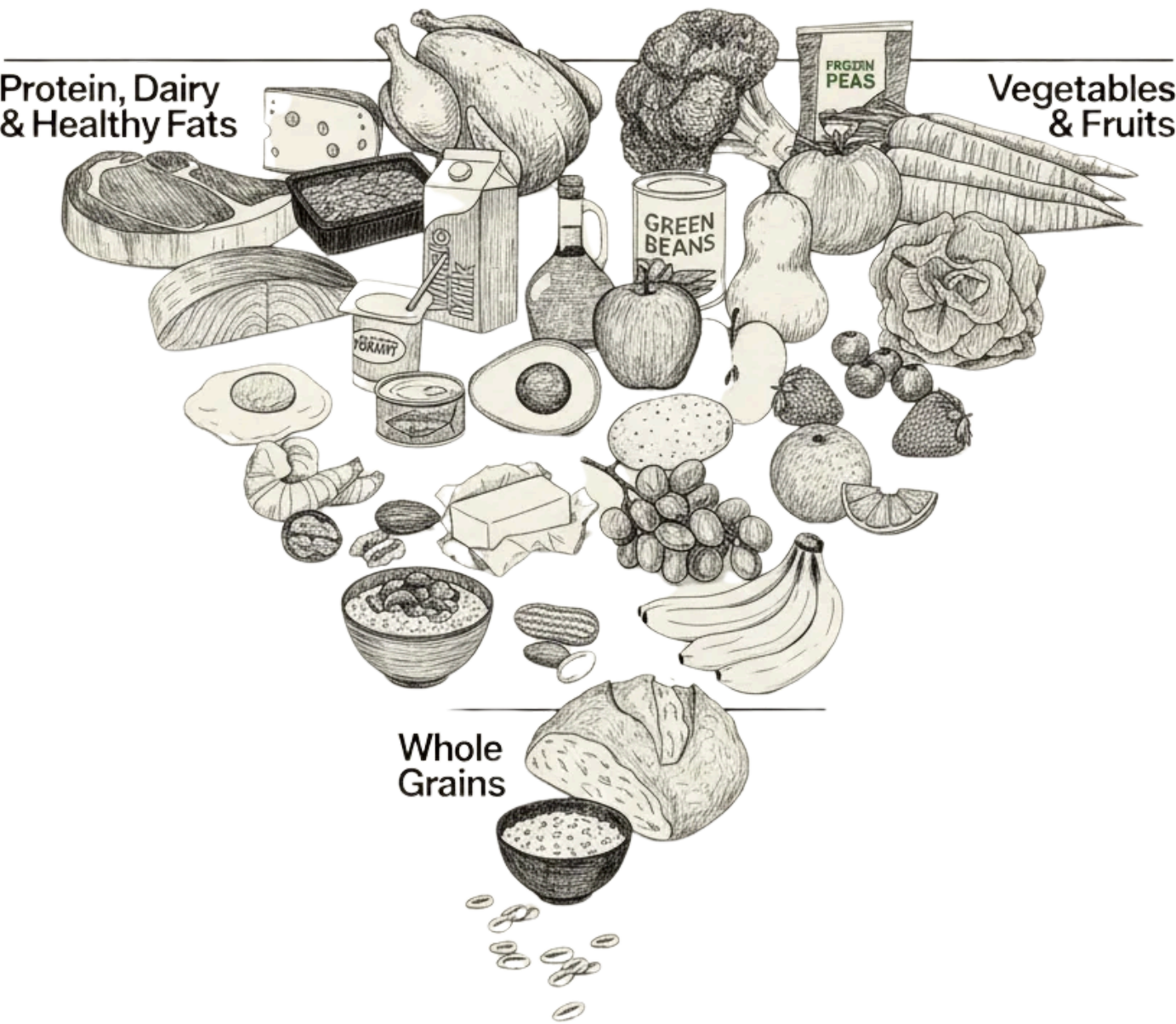
The Dietary Guidelines are updated periodically to reflect advances in nutrition science and to respond to current trends and emerging concerns in public health. Their recommendations are supported by extensive scientific reports compiled over the course of several years by a committee of nutrition and health experts.

The document recommends that Americans prioritize protein at every meal, eat fruits and vegetables throughout the day, incorporate healthy fats, focus on whole grains and minimize highly processed foods, refined carbohydrates and added sugars.

At Meals on Wheels of Hillsborough Co. we make sure every meal represents 1/3 of the daily recommendations.

Daily Recommendation:

- Protein: 0.5g - 0.75g g per pound of body weight per day, adjusting as needed based on individual caloric requirements
- Dairy: 3 servings per day, adjusting as needed based on individual caloric requirements
- Vegetables: 3 servings per day, adjusting as needed based on individual caloric requirements
- Fruits: 2 servings per day, adjusting as needed based on individual caloric requirements
- Whole grains: 2 - 4 servings per day, adjusting as needed based on individual caloric requirements



Site Location	Manager	Phone Number
Merrimack & Nashua	Scott	603-882-2106
Milford	Jesse	603-673-4094
Manchester & Goffstown	Jessie	603-669-1699
Peterborough	Mary	603-878-3109

MEALS on WHEELS®
HILLSBOROUGH COUNTY

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