November 2026

Name:_____

Route:_____

To ensure availability please return menu choices by October 15th, and dont forget your name at the top!

Monday	Tuesday	Wednesday	Thursday	Friday
2 **Turkey with Cranberry Gravy** Roasted Potato, Green Beans & Garbanzo Beans	**3** **Choice 1: Butternut Squash Maple Sweet Potato** Chicken & Spinach Risotto, Broccoli & Cauliflower **Choice 2: Beef Brisket** Broccoli & Potato golden corral	**4** **Choice 1: Beef Patty & Onion Gravy** Mashed Potatoes & Green Beans **Choice 2: Southwest Beef Skillet** Potatoes Cheddar, & Catalina Vegetable Blend	**5** **Tortellini with Sundried Tomato Cream Sauce** Vegetable Blend & Peas	**6** **Choice 1: Cinnamon French Toast** Egg, Sausage, Peaches & Blueberry **Choice 2: Baked Haddock** Lemon Dill Sauce, Florentine Rice & Peas
9 **Beef & Sweet Potato Chili** Corn	**10** **Choice 1: Apricot Chicken** Vegetable Rice Medley, Zucchini & Peas **Choice 2: Bananas Foster Bake** Bacon and Banana golden corral	**11** **CLOSED FOR THE HOLIDAY**	**12** **Mrs. Budd's Chicken Pot Pie** Mrs Budd's	**13** **Choice 1: Pancakes** Eggs, Sausage & Pears **Choice 2: Shells & Cheese** Vegetable Medley
16 **Turkey Casserole** Vegetable Blend	**17** **Choice 1: Meatloaf Tomato Glaze** Mashed Potatoes, Peas & Corn **Choice 2: BBQ Pork** Pasta Salad & Coleslaw golden corral	**18** **Choice 1: Autumn Chicken Stew** Potatoes & Vegetables, Broccoli & Garbanzo Beans **Choice 2: Pineapple Pork Riblet** Jasmine Rice & Green Beans	**19** **Baked Spaghetti with Chicken** Green Beans golden corral	**20** **Choice 1: Scrambled Eggs** Potatoes, Peaches & Sausage **Choice 2: Lasagna Roll w/ Sundried Tomato, Mushroom Cream Sauce** Peas & Carrots
23 **Pot Roast** Herbed Cream Sauce, Potatoes, & Peas	**24** **Choice 1: Turkey Pot Pie** Corn & Zucchini **Choice 2: Tuna Salad Sandwich** Pasta Salad & Cookie golden corral	**25** **Choice 1: Beef Bolognese** Rotini, Mozzarella, Green Beans, Carrots **Choice 2: Breaded Haddock** Brown Rice & Veg Medley	**26** **CLOSED FOR THE HOLIDAY**	**27** **Choice 1: Whole Wheat Waffles** Blueberries, Applesauce, Egg & Sausage **Choice 2: Vegetable Pot Pie** Green Beans
30 **Southwest Black Bean Casserole** Green Beans	**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.**			



What is the Diabetes Plate?

The Diabetes Plate is the easiest way to create healthy low-carb meals that can help you manage your blood glucose (blood sugar). Using the Diabetes Plate, you can create a meal with a healthy balance of vegetables, protein, and carbs—without any counting, calculating, weighing, or measuring. All you need is a plate!

1. Fill 1/2 your plate with non-starchy vegetables.
Non-starchy vegetables are lower in carbs, so they don't raise your blood glucose very much. They are also higher in fiber, vitamins, and minerals—making them an important part of a healthy diet and what some people call "superstar foods". Filling half your plate with non-starchy vegetables means you will get plenty of servings.

2. Fill 1/4 of your plate with lean protein foods
Foods high in protein such as fish, chicken, lean beef, soy foods, and cheese are all considered protein foods.
Proteins foods (especially those from animal sources) usually contain saturated fat, which can increase your risk of heart disease. Lean proteins are lower in both fat and saturated fat, making them a healthier choice.

3. Fill 1/4 of your plate with quality carbohydrate foods
Foods that are higher in carbs include starchy vegetables, beans/legumes, fruits, whole grains, low fat milk and yogurt.
Limiting your portion of carbohydrate foods to one-quarter of your plate can help keep blood glucose from rising too high after meals.

4. Choose water or a zero calorie drink
Water is the best choice because it contains no calories or carbs and has no effect on blood glucose. Other zero- or low-calorie drink options include:

For more nutritional information about our meals, please see our website.

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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