

Monday	Tuesday	Wednesday	Thursday	Friday
29 Turkey & Swiss Wheat Wrap Three Bean Salad Pineapple & Mango ♥🌱	30 CH1: Lasagna Rollatini Marinara, Mozzarella, Veg Blend CH2: Golden Corral's Meatloaf Sandwich Pasta Salad ♥🌱	1 CH1: Meatloaf w/ Tomato Glaze Mashed Potato, Peas & Corn CH2: BBQ Pork Rib Patty Sweet Potato, Corn Hash & Broccoli 🌱🌱🌱	2 Chicken with Mushroom Gravy Brown Rice Florentine & Green Bean ♥🌱🌱	3 Closed for Holiday
6 Chicken Breast with Salsa Southwest Brown Rice & Green Beans ♥🌱🌱	7 CH1: Turkey Pot Pie Corn & Zucchini CH2: Golden Corral's Tuna Salad Sandwich Cookie	8 CH1: Beef Pot Roast Sweet Potato, Broccoli & Cheese CH2: Ricotta Eggplant Rollatini Mozzarella, Peas & Mushrooms ♥🌱🌱	9 Fresh Mrs. Budd's Chicken Pot Pie Local partner!	10 CH1: Whole Grain Waffle Blueberry & Apple Sauce, Egg, Sausage CH2: Breaded Haddock Haddock, Lemon Parsley Rice & 4-Way Vegetable Blend ♥🌱
13 Sesame Chicken Asian Vegetables, White Rice, Broccoli, Cauliflower & Carrots ♥🌱🌱🌱	14 CH1: Beef Patty w/ Onion Gravy Vegetable Blend & Peas CH2: Golden Corral's Chicken Salad Sandwich Cookie 🌱🌱	15 CH1: Southwest Beef Skillet Potatoes, Cheddar, & Catalina Vegetable Blend CH2: Haddock Florentine Roasted Sweet Potato & Peas ♥🌱	16 Golden Corral's Baked Spaghetti w/Chicken Local partner!	17 CH2: Cinnamon French Toast Egg, Sausage & Applesauce CH2: Tortellini with Tomato, Spinach & Mushroom Cream Sauce Vegetable Blend & Peas ♥🌱
20 Shells & Cheese Vegetable Medley ♥🌱🌱	21 CH1: Beef & Sweet Potato Chili Corn CH2: Golden Corral's Chicken Cobb Salad Sugar cookie ♥🌱🌱	22 CH1: Apricot Chicken Vegetable Rice Medley, Zucchini & Peas CH2: Braised Pork w/ Applesauce Potatoes & Vegetable Blend ♥🌱🌱🌱	23 Chicken Meatballs w/ Tomato Cream Sauce Orzo Pasta & Scandinavian Vegetable Blend ♥🌱	24 CH1: Pancakes & Egg Pancakes, Eggs, Sausage & Pears CH2: Breaded Haddock Potatoes, Broccoli, Cauliflower & Carrots ♥🌱🌱
27 Turkey Noodle Casserole Vegetable Blend ♥🌱	28 CH1: Lasagna Rollatini Marinara, Mozzarella, Veg Blend CH2: Golden Corral's Turkey Bacon Ranch Wrap Three bean salad ♥🌱	29 CH1: Chicken w/ Mushroom Gravy Brown Rice Florentine & Green Bean CH2: BBQ Pork Rib Patty Sweet Potato & Corn Hash & Broccoli ♥🌱🌱🌱	30 Turkey & Swiss Wheat Wrap Three Bean Salad Pineapple & Mango ♥🌱	31 CH2: Scrambled Eggs Potatoes, Peaches & Chicken Sausage CH1: Lasagna Rollatini Marinara, Mozzarella, Veg Blend 🌱🌱

Please call your site location or cross off any days that you will not be home. On choice days, the default is choice #1. If you want choice #2, circle that option. Return your menu to your driver by **June 15th**.

For nutritional information, see our website at HCMOW.org or call us at 603-424-9967

What should I do in a medical emergency?

We are partnering with The Whole Community to bring you more information on emergency planning for the disability and elderly Communities.



“Through advocacy at both the local and state levels we are getting you a seat at the table where decisions regarding YOUR safety are made - typically, *without* your input.

We want to change that.”

One way we can help you do that now is by assisting with registration to



What is NH 911 CARES? New Hampshire 911 CARES is a program which allows individuals to register specific medical conditions under their phone number. That way if you ever need to call 911 from one of your registered phone numbers, the 911 dispatcher will be able to see the name, physical address (not necessarily the location of the caller), and medical condition of the CARES Individual and relay that information to first responders before they arrive on scene.

Where do I sign up? The 911 CARES database can be accessed by going to cares.desc.nh.gov.

If you do not have access to a computer/internet, paper forms and assistance can be requested by calling, texting or emailing The Whole Community.

www.thewholecommunity.net – thewholecommunityADE@gmail.com – 508-527-4395

Please wash fresh fruit. For best results, do not vent film when microwaving.

Suggested Donation \$4.00 per meal

WHAT DO THE ICONS MEAN?

*The icons are only used for the entrée portion of your meal in the tray.



Vegetarian: These meals do not include pork, beef, chicken, or fish. May include eggs or dairy.



Gluten Sensitive: These meals do not contain gluten or wheat. However, they may be produced in a facility with gluten. They are not recommended for those with celiac.



Lactose Free: These meals do not contain lactose and are free of milk ingredients.



Heart Friendly: These meals contain 700mg or less of sodium, less than 30% of calories from fat, & less than 10g of saturated fat. Meals meet the American Heart Association Guidelines.



Renal Friendly: These meals contain 700mg or less of sodium, 830mg or less of potassium, 330mg or less of phosphorus and are for safe individuals on hemodialysis or with Stage 3 or 4 chronic kidney disease.

SITE	MANAGER	PHONE
MERRIMACK & NASHUA	Scott	603-882-2106
MILFORD	Jill	603-673-4094
MANCHESTER & GOFFSTOWN	Jessie	603-669-1699
PETERBOROUGH	Mary	603-878-3109