

Monday		Tuesday		Wednesday		Thursday		Friday	
				1 Salisbury Steak w/ Mushroom Gravy 430 Calories, Sodium 473mg Carbs 42g Pancakes & Egg 357 Calories, Sodium 569mg, Carbs 46g	2 Hot Dog 612 Calories Sodium 736mg Carbs 86g	3 Shells & Cheese 398 Calories, Sodium 559mg, Carbs 65g Breaded Haddock w/ Potatoes 328 Calories, Sodium 289mg, Carbs 52g			
6 Turkey A La King 448 Calories Sodium 496mg Carbs 47g	7 Chicken Tenders 397 Calories, Sodium 627mg, Carbs 44g BBQ Pork Rib Patty 397 Calories, Sodium 562mg, Carbs 43g	8 Meatloaf w/ Tomato Glaze 412 Calories, Sodium 362mg, Carbs 46g Scrambled Eggs 356 Calories, Sodium 381mg, Carbs 42g	9 Chicken w/ Mushroom Gravy 325 Calories Sodium 510mg Carbs 37g	10 Mozzarella Filled Manicotti 357 Calories, Sodium 440mg, Carbs 39g Haddock Chowder 335 Calories, Sodium 501mg, Carbs 49g					
13 Turkey Pot Pie 389 Calories Sodium 227mg Carbs 35g	14 Beef & Tomato Mac 564 Calories, Sodium 393mg, Carbs 65g Sweet Chili Pork 459 Calories, Sodium 537mg, Carbs 52g	15 Potato Gnocchi w/ Chicken 518 Calories, Sodium 534mg, Carbs 61g Whole Grain Waffle 369 Calories, Sodium 514mg, Carbs 44g	16	17 Ricotta Eggplant Rollatini 377 Calories, Sodium 453mg, Carbs 62g Breaded Haddock w/ Rice 451 Calories, Sodium 376mg, Carbs 67g					
20 Sesame Chicken 436 Calories Sodium 499mg Carbs 59g	21 Southwest Beef Skillet 363 Calories, Sodium 514mg, Carbs 35g Tarragon Pork 316 Calories, Sodium 500mg, Carbs 30g	22 Chicken Jambalaya 376 Calories, Sodium 495mg, Carbs 51g Cinnamon French Toast 405 Calories, Sodium 622mg, Carbs 53g	23 Mrs. Budd's Chicken Pot Pie 340 Calories Sodium 770mg Carbs 36g	24 Tortellini in Mushroom Cream Sauce 490 Calories, Sodium 517mg, Carbs 65g Haddock Florentine 328 Calories, Sodium 427mg, Carbs 48g					
27 Beef & Sweet Potato Chili 402 Calories Sodium 281mg Carbs 56g	28 Apricot Chicken 323 Calories, Sodium 306mg, Carbs 51g Roasted Pork w/ Honey Mustard Sauce 321 Calories, Sodium 509mg, Carbs 37g	29 Shells & Cheese 398 Calories, Sodium 559mg, Carbs 65g Pancakes & Egg 357 Calories, Sodium 569mg, Carbs 46g	30 Chicken Meatballs w/ Tomato Cream Sauce 396 Calories Sodium 548mg Carbs 47g	<div style="background-color: #333; color: white; padding: 10px; text-align: center; font-weight: bold;">Beginning of May</div>					

Monday		Tuesday		Wednesday		Thursday		Friday	
				1 Roasted Pork w/ Honey Mustard Sauce 321 Calories Sodium 509mg Carbs 37g	2 Hot Dog 612 Calories Sodium 736mg Carbs 86g	3 Beef & Sweet Potato Chili 402 Calories Sodium 281mg Carbs 56g			
6 Beef & Bean Chili 469 Calories Sodium 404mg Carbs 60g	7 BBQ Pork Rib Patty 397 Calories Sodium 562mg Carbs 43g	8 Scrambled Eggs 356 Calories Sodium 381mg Carbs 42g	9 Chicken w/ Mushroom Gravy 325 Calories Sodium 510mg Carbs 37g	10 Haddock Chowder 335 Calories Sodium 501mg Carbs 49g					
13 Chicken Breast w/ Broccoli Cheese Sauce 469 Calories Sodium 404mg Carbs 60g	14 Sweet Chili Pork 459 Calories Sodium 537mg Carbs 52g	15 Beef Pot Roast w/ Tomato Herb Sauce 353 Calories Sodium 290mg Carbs 44g	16 Chicken Breast w/ Creamy Herbed Gravy 329 Calories Sodium 277mg Carbs 26g	17 Baked Haddock w/ Lemon Dill Sauce 304 Calories Sodium 472mg Carbs 44g					
20 Sesame Chicken 310 Calories Sodium 615 mg Carbs 35g	21 Southwest Beef Skillet 363 Calories Sodium 514mg Carbs 35g	22 Chicken Jambalaya 376 Calories Sodium 495mg Carbs 51g	23 Tarragon Pork 316 Calories Sodium 500mg Carbs 30g	24 Haddock Florentine 328 Calories Sodium 427mg Carbs 48g					
27 Beef & Sweet Potato Chili 402 Calories Sodium 281mg Carbs 56g	28 Apricot Chicken 323 Calories Sodium 306mg Carbs 51g	29 Roasted Pork w/ Honey Mustard Sauce 321 Calories Sodium 509mg Carbs 37g	30 Beef Pot Roast w/ Mushroom Gravy 359 Calories Sodium 428mg Carbs 50g	Beginning of May					

Monday		Tuesday		Wednesday		Thursday		Friday	
				1	BBQ Pulled Pork 369 Calories Sodium 513mg Carbs 56g	2	Hot Dog 612 Calories Sodium 736mg Carbs 86g	3	Breaded Haddock w/ Potatoes 328 Calories Sodium 289mg Carbs 52g
6	Beef & Bean Chili 469 Calories Sodium 404mg Carbs 60g	7	BBQ Pork Rib Patty 397 Calories Sodium 562mg Carbs 43g	8	Chicken Lo Mein 367 Calories Sodium 460mg Carbs 58g	9	Roasted Pork w/ Apple Gravy 316 Calories Sodium 420mg Carbs 42g	10	Breaded Haddock w/ Rice 451 Calories Sodium 376mg Carbs 67g
13	Turkey Pot Pie 389 Calories Sodium 227mg Carbs 35g	14	Sweet Chili Pork 459 Calories Sodium 537mg Carbs 52g	15	Beef & Bean Chili 469 Calories Sodium 404mg Carbs 60g	16	Chicken Lo Mein 367 Calories Sodium 460mg Carbs 58g	17	Breaded Haddock w/ Rice 451 Calories Sodium 376mg Carbs 67g
20	Sesame Chicken 436 Calories Sodium 499mg Carbs 59g	21	BBQ Pulled Pork 369 Calories Sodium 513mg Carbs 56g	22	Chicken Jambalaya 376 Calories Sodium 495mg Carbs 51g	23	Beef & Bean Chili 469 Calories Sodium 404mg Carbs 60g	24	Breaded Haddock w/ Potatoes 328 Calories Sodium 289mg Carbs 52g
27	Beef & Sweet Potato Chili 402 Calories Sodium 281mg Carbs 56g	28	Apricot Chicken 323 Calories Sodium 306mg Carbs 51g	29	Roasted Pork w/ Honey Mustard Sauce 321 Calories Sodium 509mg Carbs 37g	30	Beef Pot Roast w/ Mushroom Gravy 359 Calories Sodium 428mg Carbs 50g	Beginning of May	

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 **March 9th**.

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

Did you know?

At HCMOW, we want to support your health and wellbeing as much as we can. That's why we also offer **Gluten Sensitive menus** and **Lactose Free menus**.



How do these work? For those who do not eat gluten or lactose, alternative menus can be provided upon request. These menus are **INSTEAD** of the regular menu. While they do not have choice days, they are a helpful option for those with dietary restrictions.

****While these menus contain meals that do not directly use gluten or lactose ingredients, they may be prepared or made in facilities that do. They are **not** suitable for celiac patients or severe allergies.**



HCMOW also offers a **pet food** program for your furry companions.

How does it work? This program (PetGo) helps supply home delivery clients with food and litter for their cats or dogs. Supply deliveries usually occur every two weeks.

Call the office to discuss options. ****At this time we only offer cat and dog supplies.**

There are helpful resources outside Meals on Wheels, too, such as **NH 911 CARES**.

How does it work? **NH 911CARES** lets you document your medical conditions and attach them to your registered phone number. When an emergency call is made from that number, your 911 operator will see the submitted information and is able to let first responders know important medical information. Register at cares.desc.nh.gov

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.



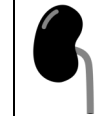
Gluten Sensitive: These meals do not contain gluten or wheat. However, they may be produced in a facility with gluten. They are not recommended for those with celiac.



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.

ALL

Diabetic Friendly: All of the meals contain 70g or less of carbohydrates per entrée. Meals are designed to promote and support healthy eating patterns based upon the recommendations of the American Diabetes Association.

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