


Monday		Tuesday		Wednesday		Thursday		Friday	
				<b>1 CH1: Salisbury Steak</b> Mushroom Gravy, Whole Grain Egg Noodles & Broccoli  <b>CH2: Pancakes &amp; Egg</b> Pancakes, Eggs, Sausage & Pears  <b>Beginning of April</b>	<b>2 Hot Dog</b> Baked Beans & Green Beans  	<b>3 CH1: Shells &amp; Cheese</b> Vegetable Medley  <b>CH2: Breaded Haddock</b> Potatoes, Broccoli, Cauliflower & Carrots			
<b>6 Turkey A La King</b>  Whole Grain Biscuit & Catalina Vegetable Blend	<b>7 CH1: Chicken Tenders</b> Mashed Potato, Peas & Carrots  <b>CH2: BBQ Pork Rib Patty</b> Sweet Potato, Corn Hash & Broccoli	<b>8 CH1: Meatloaf w/ Tomato Glaze</b> Sour Cream Mashed Potato, Peas & Corn  <b>CH2: Scrambled Eggs</b> Potatoes, Diced Peaches & Chicken Sausage	<b>9 Chicken w/ Mushroom Gravy</b>  Brown Rice Florentine & Green Beans	<b>10 CH1: Ricotta Filled Manicotti</b> Butternut Squash Sauce, Mozzarella, Peas, Garbanzo Medley & Carrots  <b>CH2: Haddock Chowder</b> Corn					
<b>13 Turkey Pot Pie</b>  Corn & Zucchini	<b>14 CH1: Beef &amp; Tomato Mac</b> Green Beans & Carrots  <b>CH2: Sweet Chili Pork</b> Jasmine Rice & Meadow Veggie Blend	<b>15 CH1: Potato Gnocchi w/ Chicken Breast</b> Alfredo Sauce & Peas  <b>CH2: Whole Grain Waffle</b> Blueberry & Apple Sauce, Egg, Sausage	<b>16 Golden Corral's</b> Chicken Sandwich  <i>Local partner!</i>	<b>17 CH1: Ricotta Eggplant Rollatini</b> Marinara, Mozzarella, Whole Wheat Penne, Peas & Mushrooms  <b>CH2: Breaded Haddock</b> Lemon Parsley Rice & Vegetable Blend					
<b>20 Sesame Chicken</b>  Asian Vegetables, White Rice, Broccoli, Cauliflower & Carrots	<b>21 CH1: Southwest Beef Skillet</b> Potato, Cheddar, & Catalina Vegetable Blend  <b>CH2: Tarragon Pork</b> Roasted Potatoes & Broccoli	<b>22 CH1: Chicken Jambalaya</b> Mild Cajun Seasoning, Celery, Peppers, Apple Sausage, Tomato Broth, Onion, Rice, & Green Beans  <b>CH2: Cinnamon French Toast</b> Egg, Sausage & Applesauce	<b>23 Fresh Mrs. Budd's</b> Chicken Pot Pie  <i>Local partner!</i>	<b>24 CH1: Tortellini in Mushroom Cream Sauce</b> Sundried Tomato, Spinach, Meadow Veggie Blend & Peas  <b>CH2: Haddock Florentine</b> Roasted Sweet Potato & Peas					
<b>27 Beef &amp; Sweet Potato Chili</b>  Corn	<b>28 CH1: Apricot Chicken</b> Vegetable Rice Medley, Zucchini & Peas  <b>CH2: Roasted Pork w/ Honey Mustard Sauce</b> Mashed Potato & Green Beans	<b>29 CH1: Shells &amp; Cheese</b> 4-Way Vegetable Medley  <b>CH2: Pancakes &amp; Egg</b> Pancakes, Eggs, Sausage & Pears	<b>30 Chicken Meatballs w/ Tomato Cream Sauce</b>  Orzo Pasta & Scandinavian Vegetable Blend	<b>Beginning of May</b>					



Monday		Tuesday		Wednesday		Thursday		Friday	
				<b>1</b> <b>Roasted Pork w/ Honey Mustard Sauce</b>  Mashed Potato & Green Beans <b>Beginning of April</b>	<b>2</b> <b>Hot Dog</b> Baked Beans & Green Beans  	<b>3</b> <b>Beef &amp; Sweet Potato Chili</b>  Corn			
<b>6</b> <b>Beef &amp; Bean Chili</b>  Turmeric Rice, Corn & Pepper Medley  	<b>7</b> <b>BBQ Pork Rib Patty</b>  Sweet Potato, Corn Hash & Broccoli  	<b>8</b> <b>Scrambled Eggs</b>  Potatoes, Diced Peaches & Chicken Sausage  	<b>9</b> <b>Chicken w/ Mushroom Gravy</b>  Brown Rice Florentine & Green Beans  	<b>10</b> <b>Haddock Chowder</b>  Corn					
<b>13</b> <b>Chicken Breast w/ Broccoli Cheese Sauce</b>  Diced Potatoes & Green Beans  	<b>14</b> <b>Sweet Chili Pork</b>  Jasmine Rice & Meadow Veggie Blend  	<b>15</b> <b>Beef Pot Roast</b>  Tomato & Herb Sauce, Roasted Potatoes Broccoli, Cauliflower & Carrots  	<b>16</b> <b>Chicken Breast w/ Creamy Herbed Gravy</b> Brown Rice Florentine & Broccoli  	<b>17</b> <b>Baked Haddock</b> Lemon Dill Sauce, Vegetable Rice Medley, Green Beans & Carrots  					
<b>20</b> <b>Sesame Chicken</b>  Asian Vegetables, White Rice, Broccoli, Cauliflower & Carrots  	<b>21</b> <b>Southwest Beef Skillet</b>  Potato, Cheddar, & Catalina Vegetable Blend  	<b>22</b> <b>Chicken Jambalaya</b>  Mild Cajun Seasoning, Celery, Peppers, Apple Sausage, Tomato Broth, Onion, Rice, & Green Beans  	<b>23</b> <b>Tarragon Pork</b>  Roasted Potatoes & Broccoli  	<b>24</b> <b>Haddock Florentine</b>  Roasted Sweet Potato & Peas  					
<b>27</b> <b>Beef &amp; Sweet Potato Chili</b>  Corn  	<b>28</b> <b>Apricot Chicken</b>  Vegetable Rice Medley, Zucchini & Peas  	<b>29</b> <b>Roasted Pork w/ Honey Mustard Sauce</b>  Mashed Potato & Green Beans  	<b>30</b> <b>Beef Pot Roast w/ Mushroom Gravy</b> Sweet Potato, Corn & Green Beans  	<b>Beginning of May</b>					



Monday		Tuesday		Wednesday		Thursday		Friday	
				1	<b>BBQ Pulled Pork</b>  Sweet Potatoes, Corn & Zucchini	2	<b>Hot Dog</b>  Baked Beans & Green Beans  	3	<b>Breaded Haddock</b>  Potatoes, Broccoli, Cauliflower & Carrots  
				<b>Beginning of April</b>					
6	<b>Beef &amp; Bean Chili</b>  Turmeric Rice, Corn & Pepper Medley  	7	<b>BBQ Pork Rib Patty</b>  Sweet Potato, Corn Hash & Broccoli  	8	<b>Chicken Lo Mein</b>  4-Way Vegetable Blend  	9	<b>Pork w/ Apple Gravy</b>  Sweet Potatoes & Green Beans  	10	<b>Breaded Haddock</b>  Lemon Parsley Rice & Vegetable Blend  
13	<b>Turkey Pot Pie</b>  Corn & Zucchini  	14	<b>Sweet Chili Pork</b>  Jasmine Rice & Meadow Veggie Blend  	15	<b>Beef &amp; Bean Chili</b>  Turmeric Rice, Corn & Pepper Medley  	16	<b>Chicken Lo Mein</b>  4-Way Vegetable Blend  	17	<b>Breaded Haddock</b>  Lemon Parsley Rice & Vegetable Blend  
20	<b>Sesame Chicken</b>  Asian Vegetables, White Rice, Broccoli, Cauliflower & Carrots  	21	<b>BBQ Pulled Pork</b>  Sweet Potatoes, Corn & Zucchini  	22	<b>Chicken Jambalaya</b>  Mild Cajun Seasoning, Celery, Peppers, Apple Sausage, Tomato Broth, Onion, Rice, & Green Beans  	23	<b>Beef &amp; Bean Chili</b>  Turmeric Rice, Corn & Pepper Medley  	24	<b>Breaded Haddock</b>  Potatoes, Broccoli, Cauliflower & Carrots  
27	<b>Beef &amp; Sweet Potato Chili</b>  Corn  	28	<b>Apricot Chicken</b>  Vegetable Rice Medley, Zucchini & Peas  	29	<b>Roasted Pork w/ Honey Mustard Sauce</b> Mashed Potato & Green Beans  	30	<b>Beef Pot Roast w/ Mushroom Gravy</b> Sweet Potato, Corn & Green Beans  		<b>Beginning of May</b>

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](http://HCMOW.org) or call us at 603-424-9967

 Did you know? 

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 such as **NH 911 CARES**.

**How does it work?** **NH 911 CARES** 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](http://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.**

	<b>Vegetarian:</b> These meals do not include pork, beef, chicken, or fish. May include eggs or dairy.
	<b>Gluten Sensitive:</b> 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.
	<b>Lactose Free:</b> These meals do not contain lactose and are free of milk ingredients.
	<b>Heart Friendly:</b> 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.
	<b>Renal Friendly:</b> 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.
<b>ALL</b>	<b>Diabetic Friendly:</b> 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 & NASHUA	Scott	603-882-2106
MILFORD	Jill	603-673-4094
MANCHESTER & GOFFSTOWN	Jessie	603-669-1699
PETERBOROUGH	Mary	603-878-3109