

Monday	Tuesday	Wednesday	Thursday	Friday
3 Beef Bolognese w/ Rotini Fresh mozzarella, Green Beans & Carrots ♥🌱	4 CH1: Chicken w/ Salsa Southwest Brown Rice & Green Beans ♥🌱🥥 CH2: Golden Corral's Beef Brisket Broccoli & Baked Potato 🌱🥥	5 CH1: Turkey Pot Pie Corn & Zucchini CH2: Breaded Haddock Lemon Parsley Rice & 4-Way Vegetable Blend ♥🥥	6 Beef Pot Roast Sweet Potato Broccoli & Cheese Sauce ♥🌱🥥	7 CH1: Whole Grain Waffle Blueberry & Applesauce, Egg, Sausage ♥🥥 CH2: Ricotta Eggplant Rollatini Mozzarella, Peas & Mushrooms 🌱🥥
10 Southwest Beef Skillet Potatoes, Cheddar, & Catalina Vegetable Blend 🌱	11 CH1: Sesame Chicken Asian Vegetables, White Rice, Broccoli, Cauliflower & Carrots ♥🌱🥥🥥 CH2: Golden Corral's Turkey Bacon Wrap 3 Bean Salad	12 CH1: Mild Chicken Jambalaya Celery, Peppers, Apple Sausage, Tomato Broth, Rice, & Green Beans ♥🌱🥥 CH2: Haddock Florentine Roasted Sweet Potato & Peas ♥🌱🥥	13 Fresh Mrs. Budd's Chicken Pot Pie Local partner!	14 CH1: Cinnamon French Toast Egg, Sausage & Applesauce ♥🥥 CH2: Tortellini w/ Tomato, Spinach & Mushroom Cream Sauce ♥🌱🥥 Vegetable Blend & Peas
17 Beef Stir Fry Broccoli, Bean Sprouts, Edamame & Brown Rice ♥🌱🥥	18 CH1: Apricot Chicken Vegetable Rice Medley, Zucchini & Peas ♥🌱🥥🥥 CH2: Golden Corral's Bananas Foster French Toast Bake 🥥	19 CH1: Beef & Sweet Potato Chili Corn ♥🌱🥥🥥 CH2: Pork w/ Applesauce Potatoes & Vegetable Blend 🌱🥥	20 Golden Corral's Meatloaf Sweet Potato & Green Beans Local partner! 🥥	21 CH1: Pancakes & Egg Pancakes, Eggs, Sausage & Pears ♥🥥 CH2: Shells & Cheese Vegetable Medley ♥🌱🥥
24 Chicken with Mushroom Gravy Brown Rice Florentine & Green Bean ♥🌱🥥	25 CH1: Turkey Casserole Vegetable Blend ♥🥥 CH2: Golden Corral's Chicken Salad Sandwich 3 Bean salad 🌱🥥🥥	26 CH1: Lasagna Rollatini Marinara, Mozzarella, Veg Blend ♥🌱 CH2: BBQ Pork Rib Patty Sweet Potato, Corn Hash & Broccoli 🌱🥥🥥	27 Meatloaf w/ Tomato Glaze Sour Cream Mashed Potato, Peas & Corn 🥥	28 CH1: Scrambled Eggs Potatoes, Peaches & Chicken Sausage 🌱🥥 CH2: Haddock Chowder Corn ♥🌱🥥
31 Potato Gnocchi w/ Chicken Alfredo Sauce & Peas ♥🥥				

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 July 17th.

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

August is National Wellness Month: Let's Make Well-Being a Priority All Year Long!

1. **Stay Hydrated:** One small thing you can do every day is focus on the amount of water you're drinking! Set a goal amount for yourself and aim to reach that daily.
2. **Add Something New to Your Routine:** Try to incorporate something new into your daily routine, like making a smoothie every morning or taking a few minutes when you wake up to practice mindfulness.
3. **Try New Healthy Foods:** Commit to trying new healthy foods and see how you can add them to your regular meal rotation. Start small and see what new favorite meals you could discover!
4. **Set Realistic Goals:** Don't overwhelm yourself trying to make several changes at once; look at your work/life balance and see what changes are realistic for you.
5. **Become Organized:** Make your environment more peaceful and less cluttered, that could mean a physical mess, or it could mean organizing your work files or email in a way that makes things less stressful for you.
6. **Focus on the Positives:** At the end of the day, take some time to reflect on the positives of the day. What made you smile today? Did your friend send you a funny video? Nothing that has a positive impact on your day is too small!
7. **Celebrate All Wins:** Did you finally schedule that dentist appointment you've been putting off? Or did you respond to an email you were avoiding? Acknowledge and celebrate that you crossed something off your mental to-do list! The smallest things can be the most difficult.
8. **Try Something New:** Find new things to try! See if there's a fun workout video on YouTube that you can do right at home, a group workout class where you can meet new people, or maybe a new coffee shop you've been wanting to visit.
9. **Check-in on Your Mental Health:** Assess your own mental health and see where you really are, reach out to your support network or professionals if you need help; connect with help 24/7 by calling or texting 988.

Please wash fresh fruit. Reminder: 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
Tray
Meals**

Diabetic Friendly: All of the Birch Stream Farm meals contain 70g of carbohydrates or less per entrée.

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