

DINE OUT CLUB MENU



**136 Kelley St, Manchester, NH
03102**

Dine Out Club hours:
7:00am – 2:00pm

Monday, Tuesday, Thursday,
Friday and Saturday

(603) 625-9660 | ChezVachon.com



MEALS on WHEELS HILLSBOROUGH COUNTY

For more information on how Meals on Wheels serves our community, please visit: hcmow.org or scan QR code

- Home Delivery
- Community Dining
- Activities & Special Events
- Volunteer Opportunities
- Nutrition Education

Like the Dine Out Club? Consider making a donation. Every \$5 raised covers the cost of 1 meal. You can donate directly to Meals on Wheels through our donation boxes in our Dine Out Club restaurants or checks may be mailed to: **46 Milford St. Manchester, NH | 603-424-9967**



- *Nutrient totals are approximate and do not include personal choice items like butter, condiments, or dressing.*
- *Product and recipes may change without notice. Ask your server for a detailed nutrient menu.*
- *A Meals on Wheels nutritionist is available to address inquiries.*
- *You may take leftovers, but takeout is not allowed.*

All meals come with a choice of fruit salad or 100% juice and a choice of yogurt or milk.
Served with hot or iced coffee, or hot or unsweetened iced tea.

BREAKFAST

#1 Two Egg Meal

2 Eggs, served with house made baked beans or home fries with bell pepper and onions, whole wheat toast or whole wheat english muffin.

Calories 700 | Sodium 724mg | Carbs 100g

#2 Veggie Omelet

2 Eggs, choose of 2-3: broccoli, tomato, onion, bell pepper, mushrooms, or spinach, house made baked beans or home fries, whole wheat toast or whole wheat English muffin.

Calories 756 | Sodium 792mg | Carbs 109g

#3 Crepe Combo

1 Crepe with brown sugar, and 1 egg any style. Served with house made baked beans or home fries with bell pepper and onions, and whole wheat toast.

Calories 830 | Sodium 950mg | Carbs 129g

#4 Breakfast Veggie Burrito

2 Eggs, broccoli, spinach, peppers, onions, and tomato in a whole wheat wrap. Served with house made baked beans or home fries.

Calories 650 | Sodium 790mg | Carbs 98g

#5 Eggs Florentine

2 Eggs, spinach, and tomato on a whole wheat english muffin with hollandaise sauce. Served with house made baked beans or home fries with bell pepper and onions.

Calories 810 | Sodium 1070mg | Carbs 116g

Please remember: Tip for the restaurant is not included. Meals are valued at \$12.00

LUNCH

#6 Chili

Cup of house made chili, served with a choice of broccoli, spinach, or side salad and whole wheat roll.

Calories 630 | Sodium 940mg | Carbs 88g

#7 Grilled Chicken Greek Salad

Tossed salad, grilled chicken, onions, peppers, tomato, cucumbers, olives, and feta, served with whole wheat toast or roll. *Dressing is not included in nutrients listed.

Calories 710 | Sodium 790mg | Carbs 95g

#8 Chicken Parmesan

Grilled chicken breast topped with cheese and house made marinara sauce, served over whole wheat spaghetti with a choice of broccoli, spinach, or side salad and whole wheat roll.

Calories 790 | Sodium 870mg | Carbs 111g

#9 Roasted Dinner

Choose Pork or Turkey and mashed potatoes with gravy and cranberry sauce, served with a choice of broccoli, spinach, or side salad and whole wheat roll.

Calories 860 | Sodium 770mg | Carbs 130g

#10 Meatloaf

Meatloaf and mashed potatoes with gravy, served with a choice of broccoli, spinach, or side salad and whole wheat roll.

Calories 860 | Sodium 900mg | Carbs 127g

#11 Pork or Salmon Pie

Choice of salmon or pork pie served with a choice of broccoli, spinach, or side salad and whole wheat roll.

Calories 633 | Sodium 478mg | Carbs 92g

#12 Baked Fish

Choose baked haddock or shrimp served with mashed potatoes and gravy, and a choice of a broccoli, spinach, or side salad and whole wheat roll.

Calories 710 | Sodium 880mg | Carbs 113g

#13 Mini Sliders

Two mini sliders, lettuce, tomato, onion, on a wheat roll. Served with a choice of broccoli, spinach, or side salad.

Calories 715 | Sodium 421mg | Carbs 82.2g

Substitutions are not permitted. You may order off of the regular menu at your own expense.