

DINE OUT CLUB MENU



136 Kelley St, Manchester, NH 03102

7:00am - 2:00pm

Monday, Tuesday, Thursday, and
Saturday

Summer Hours include

Friday 7:00am -2:00pm

(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



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.*

Breakfast

All meals come with a choice of fruit salad or 100% juice and a choice of yogurt or milk.

Served with a choice of water, hot or iced coffee, OR hot or unsweetened iced tea.

#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

All meals come with a choice of fruit salad OR 100% juice, and a choice of yogurt OR 1% milk.

Served with a choice of water, hot or iced coffee, OR hot or unsweetened iced tea.

#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 Turkey Dinner

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 Pie

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

Calories 790 | Sodium 550mg | Carbs 103g

#12 Baked Haddock

Baked haddock 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

Substitutions are not permitted. You may order off of the regular menu at your own expense. You may support the Dine Out Club program by donating directly to Meals on Wheels of Hillsborough County.