














































Monday		Tuesday		Wednesday		Thursday		Friday	
1	Chicken w/ Mushroom Gravy Brown Rice Florentine & Green Beans   	2	CH1: Chicken Tenders Mashed Potato, Peas & Carrots CH2: Golden Corral's Beef brisket Broccoli & Baked Potato 	3	CH1: Meatloaf w/ Tomato Glaze Sour Cream Mashed Potato, Peas & Corn CH2: BBQ Pork Rib Patty Sweet Potato, Corn Hash & Broccoli   	4	Ricotta Filled Manicotti Butternut Squash Sauce, Mozzarella, Peas, Garbanzo Medley & Carrots  	5 Closed for Staff Training Day	
8	Turkey Pot Pie Corn & Zucchini	9	CH1: Potato Gnocchi w/ Chicken Alfredo Sauce & Peas   CH2: Golden Corral's Turkey Bacon Wrap Lettuce, Cheese, Tomato & Bean Salad	10	CH1: Beef & Tomato Mac Green Beans & Carrots  CH2: Sweet Chili Pork Jasmine Rice & Meadow Veggie Blend   	11	Fresh Mrs. Budd's Chicken Pot Pie <i>Local partner!</i>	12 CH1: Whole Grain Waffle Blueberry & Apple Sauce, Egg, Sausage   CH2: Ricotta Eggplant Rollatini Marinara, Mozzarella, Whole Wheat Penne, Peas & Mushrooms  	
15	Meatballs with Stout & Mustard Thyme Sauce Cranberry Lentil Rice & Green Beans 	16	CH1: Southwest Beef Skillet Potatoes, Cheddar, & Catalina Vegetable Blend  CH2: Golden Corral's Bananas Foster French Toast Bake	17	CH1: Chicken Jambalaya Mild Cajun Seasoning, Celery, Peppers, Apple Sausage, Tomato Broth, Onion, Rice, & Green Beans    CH2: Tarragon Pork Roasted Potatoes & Broccoli   	18	Golden Corral's BBQ Pork Sandwich Served Chilled <i>Local partner!</i>	19 Closed for Holiday	
22	Beef & Sweet Potato Chili Corn   	23	CH1: Breaded Haddock Potatoes, Broccoli, Cauliflower & Carrots   CH2: Golden Corral's Chicken Salad Sandwich Tomato & Lettuce	24	CH1: Apricot Chicken Vegetable Rice Medley, Zucchini & Peas    CH2: Roasted Pork w/ Honey Mustard Sauce Mashed Potato & Green Beans   	25	Chicken Meatballs w/ Tomato Cream Sauce Orzo Pasta & Scandinavian Vegetable Blend  	26 CH1: Pancakes & Egg Pancakes, Eggs, Sausage & Pears   CH2: Shells & Cheese Vegetable Medley   	
29	-To be included on July Menu-	30							

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 **May 8th**.

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

June is National Safety Month!

Knowledge is the first step to stopping avoidable injuries.

Slips, Trips, and Falls

These are common, often preventable accidents that can be very dangerous.

- Apply non-slip mats to damp areas such as showers and bathroom floors
- Remove or secure loose rugs and cord, and avoid clutter, especially on the floor
- Keep the home well lit, particularly in higher risk areas such as stairways
- Use footwear with nonslip bottoms, including shoes, slippers, and socks (if you intend to wear them when walking)

Visual Aid resources: Future in Sight	Offers services such Occupational Therapy and Orientation & Mobility Training for the visually impaired.	https://futureinsight.org/adultservices 603-224-4039
Home Safety: Habitat for Humanity– Critical Home Repair Program	Offers necessary repairs and safety installations for qualifying applicants. <i>Does not apply to every town in Hillsborough county. Has income restrictions.</i>	https://www.habitatgnm.org/home-repair (603) 883-0295
Medical Equipment & Mobility Aids: Community Caregivers Loaner's Closet	Loan out secondhand, refurbished equipment for free. <i>Pickup may be required.</i>	https://comcaregivers.org/loaners-closet/ (603) 432-0877

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