

Monday		Tuesday		Wednesday		Thursday		Friday	
1	Chicken w/ Mushroom Gravy 325 Calories Sodium 510mg Carbs 37g	2	Chicken Tenders 397 Calories, Sodium 627mg, Carbs 44g Golden Corral's Beef Brisket 765 Calories, Sodium 904mg, Carbs 110g	3	Meatloaf w/ Tomato Glaze 412 Calories, Sodium 362mg, Carbs 46g BBQ Pork Rib Patty 397 Calories, Sodium 562mg, Carbs 43g	4	Ricotta Filled Manicotti 357 Calories Sodium 440mg Carbs 39g	5 Closed for Staff Training Day	
8	Turkey Pot Pie 389 Calories Sodium 227mg Carbs 35g	9	Potato Gnocchi w/ Chicken 518 Calories, Sodium 534mg, Carbs 61g Golden Corral's Turkey Bacon Wrap 721 Calories, Sodium 876mg, Carbs 105g	10	B& Tomato Mac 564 Calories, Sodium 393mg, Carbs 65g Sweet Chili Pork 459 Calories, Sodium 537mg, Carbs 52g	11	Mrs. Budd's Chicken Pot Pie 340 Calories Sodium 770mg Carbs 36g	12 Whole Grain Waffle 369 Calories, Sodium 514mg, Carbs 44g Ricotta Filled Manicotti 357 Calories, Sodium 440mg, Carbs 39g	
15	Meatballs with Stout & Mustard Thyme Sauce 490 Calories Sodium 504mg Carbs 51g	16	Southwest Beef Skillet 363 Calories, Sodium 514mg, Carbs 35g Golden Corral's Bananas Foster French Toast Bake 665 Calories, Sodium 546mg, Carbs 116g	17	Chicken Jambalaya 376 Calories, Sodium 495mg, Carbs 51g Tarragon Pork 316 Calories, Sodium 500mg, Carbs 30g	18	Golden Corral's BBQ Pork Sandwich 760 Calories Sodium 853mg Carbs 90g	19 Closed for Holiday	
22	Beef & Sweet Potato Chili 402 Calories Sodium 281mg Carbs 56g	23	Breaded Haddock w/ Potatoes 328 Calories, Sodium 289mg, Carbs 52g Golden Corral's Chicken Salad Sandwich 760 Calories, Sodium 687mg, Carbs 93g	24	Apricot Chicken 323 Calories, Sodium 306mg, Carbs 51g Roasted Pork w/ Honey Mustard Sauce 321 Calories, Sodium 509mg, Carbs 37g	25	Chicken Meatballs w/ Tomato Cream Sauce 396 Calories Sodium 548mg Carbs 47g	26 Pancakes & Egg 357 Calories, Sodium 569mg, Carbs 46g Shells & Cheese 398 Calories, Sodium 559mg, Carbs 65g	
29	-To be included on July Menu-	30							



Monday		Tuesday		Wednesday		Thursday		Friday	
1	Chicken Lo Mein 367 Calories Sodium 460mg Carbs 58g	2	Roasted Pork w/ Apple Gravy 316 Calories Sodium 420mg Carbs 42g	3	BBQ Pork Rib Patty 397 Calories Sodium 562mg Carbs 43g	4	Breaded Haddock w/ Potatoes 328 Calories Sodium 289mg Carbs 52g	5 Closed for Staff Training Day	
8	Roasted Pork w/ Apple Gravy 316 Calories Sodium 420mg Carbs 42g	9	Chicken Lo Mein 367 Calories Sodium 460mg Carbs 58g	10	Sweet Chili Pork 459 Calories Sodium 537mg Carbs 52g	11	Baked Haddock w/ Lemon Dill Sauce 304 Calories Sodium 472mg Carbs 44g	12 Beef & Bean Chili 469 Calories Sodium 404mg Carbs 60g	
15	Breaded Haddock w/ Potatoes 328 Calories Sodium 289mg Carbs 52g	16	BBQ Pulled Pork 369 Calories Sodium 513mg Carbs 56g	17	Chicken Jambalaya 376 Calories Sodium 495mg Carbs 51g	18	Sesame Chicken 436 Calories Sodium 499mg Carbs 59g	19 Closed for Holiday	
22	Beef & Sweet Potato Chili 402 Calories Sodium 281mg Carbs 56g	23	Breaded Haddock w/ Potatoes 328 Calories Sodium 289mg Carbs 52g	24	Apricot Chicken 323 Calories Sodium 306mg Carbs 51g	25	Beef & Bean Chili 469 Calories Sodium 404mg Carbs 60g	26 Moroccan Vegetable Stew 239 Calories Sodium 340mg Carbs 42g	
29	-To be included on July Menu-	30							



Monday		Tuesday		Wednesday		Thursday		Friday	
1	Chicken w/ Mushroom Gravy 325 Calories Sodium 510mg Carbs 37g	2	Haddock Chowder 335 Calories Sodium 501mg Carbs 49g	3	BBQ Pork Rib Patty 397 Calories Sodium 562mg Carbs 43g	4	Scrambled Eggs 356 Calories Sodium 381mg Carbs 42g	5 Closed for Staff Training Day	
8	Roasted Pork w/ Apple Gravy 316 Calories Sodium 420mg Carbs 42g	9	Sweet & Sour Chicken 353 Calories Sodium 290mg Carbs 44g	10	Sweet Chili Pork 459 Calories Sodium 537mg Carbs 52g	11	Beef Pot Roast w/ Tomato Herb Sauce 353 Calories Sodium 290mg Carbs 44g	12 Beef & Bean Chili 469 Calories Sodium 404mg Carbs 60g	
15	Tarragon Pork 316 Calories Sodium 500mg Carbs 30g	16	Southwest Beef Skillet 363 Calories Sodium 514mg Carbs 35g	17	Chicken Jambalaya 376 Calories Sodium 495mg Carbs 51g	18	Sesame Chicken 436 Calories Sodium 499mg Carbs 59g	19 Closed for Holiday	
22	Beef & Sweet Potato Chili 402 Calories Sodium 281mg Carbs 56g	23	Haddock Chowder 335 Calories Sodium 501mg Carbs 49g	24	Apricot Chicken 323 Calories Sodium 306mg Carbs 51g	25	Roasted Pork w/ Honey Mustard Sauce 321 Calories Sodium 509mg Carbs 37g	26 Sweet & Sour Chicken 353 Calories Sodium 290mg Carbs 44g	
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. <i>Typically requires referral from your eye doctor.</i>	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 & NASHUA	Scott	603-882-2106
MILFORD	Jill	603-673-4094
MANCHESTER & GOFFSTOWN	Jessie	603-669-1699
PETERBOROUGH	Mary	603-878-3109