

March 2026

Please see back for instructions

NAME: _____

ROUTE: _____

Monday		Tuesday		Wednesday		Thursday		Friday	
2	Beef & Bean Chili 469 Calories, Sodium 404mg, Carbs 60g Beginning of March	3	Apricot Chicken 323 Calories, Sodium 306mg, Carbs 51g Roasted Pork w/ Apple Gravy 316 Calories, Sodium 420mg, Carbs 42g	4	Autumn Chicken Stew 261 Calories, Sodium 430mg, Carbs 34g Pancakes & Egg 357 Calories, Sodium 569mg, Carbs 46g	5	Salisbury Steak w/ Mushroom Gravy 430 Calories Sodium 473mg Carbs 42g	6	Shells & Cheese 398 Calories, Sodium 559mg, Carbs 65g Breaded Haddock w/ Potatoes 328 Calories, Sodium 289mg, Carbs 52g
9	Hunter Style Chicken 348 Calories Sodium 564mg Carbs 39g	10	Chicken Tenders 397 Calories, Sodium 627mg, Carbs 44g BBQ Pork Rib Patty 397 Calories, Sodium 562mg, Carbs 43g	11	Meatloaf in Onion Gravy 399 Calories, Sodium 373mg, Carbs 46g Scrambled Eggs 356 Calories, Sodium 381mg, Carbs 42g	12	Mrs. Budd's Chicken Pot Pie 340 Calories Sodium 770mg Carbs 36g	13	Mozzarella Filled Manicotti 357 Calories, Sodium 440mg, Carbs 39g Haddock Chowder 335 Calories, Sodium 501mg, Carbs 49g
16	Beef Stew 295 Calories Sodium 521mg Carbs 39g	17	Beef & Tomato Mac 564 Calories, Sodium 393mg, Carbs 65g Pork w/ Cranberry Gravy 328 Calories, Sodium 532mg, Carbs 53g	18	Chicken, Mushroom & Spinach Risotto 392 Calories, Sodium 604mg, Carbs 54g Sweet & Sour Chicken 353 Calories, Sodium 290mg, Carbs 44g	19		20	Moroccan Vegetable Stew 239 Calories, Sodium 340mg, Carbs 42g Breaded Haddock w/ Rice 451 Calories, Sodium 376mg, Carbs 67g
23	Sesame Chicken 436 Calories Sodium 499mg Carbs 59g	24	Whole Grain Ravioli 452 Calories, Sodium 421mg, Carbs 56g Tarragon Pork 316 Calories, Sodium 500mg, Carbs 30g	25	Chicken Jambalaya 376 Calories, Sodium 495mg, Carbs 51g Cinnamon French Toast 405 Calories, Sodium 622mg, Carbs 53g	26	Mrs. Budd's Chicken Pot Pie 340 Calories Sodium 770mg Carbs 36g	27	Vegetable Alfredo Penne Pasta 365 Calories, Sodium 325mg, Carbs 58g Haddock Florentine 328 Calories, Sodium 427mg, Carbs 48g
30	Beef & Bean Chili 469 Calories Sodium 404mg Carbs 60g	31	Apricot Chicken 323 Calories, Sodium 306mg, Carbs 51g Roasted Pork w/ Apple Gravy 316 Calories, Sodium 420mg, Carbs 42g	Beginning of April					

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9	Hunter Style Chicken 348 Calories Sodium 564mg Carbs 39g	10	BBQ Pork Rib Patty 397 Calories Sodium 562mg Carbs 43g	11	Chicken Lo Mein 367 Calories Sodium 460mg Carbs 58g	12	Beef Pot Roast w/ Mushroom Gravy 359 Calories Sodium 428mg Carbs 50g	13	Breaded Haddock w/ Rice 451 Calories Sodium 376mg Carbs 67g
16	Beef Stew 295 Calories Sodium 521mg Carbs 39g	17	Pork w/ Cranberry Gravy 328 Calories Sodium 532mg Carbs 53g	18	Sweet & Sour Chicken 353 Calories Sodium 290mg Carbs 44g	19	Moroccan Vegetable Stew 239 Calories Sodium 340mg Carbs 42g	20	Breaded Haddock w/ Rice 451 Calories Sodium 376mg Carbs 67g
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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 February 13th.

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

March is National Kidney Month

Kidneys are important, and they do a lot for us. They remove waste and excessive water from the body, help maintain blood pressure and red blood cell production, keep your bones healthy, and maintain balance of minerals in your body.

When they do all that for us, we should show them some appreciation too!

How do we do that? By staying hydrated, avoiding excessive sugars, salt, unhealthy fats, alcohol, and processed foods.

It's also important to make smart medical choices. Limit your NSAID intake. These are medicines such as ibuprofen. Always read the dosage instructions and consult with your doctor. Similarly, ask your doctor if you are at risk for kidney disease, and get screened if necessary.

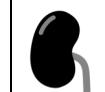
Know the Kidney Disease Warning Signs and Talk to Your Doctor

- Change or urine color/ consistency
- Fatigue or weakness
- Change in taste/ metallic taste
- Dizziness or confusion
- Swelling of hands, feet, or face
- Change of urination frequency
- High blood pressure
- Shortness of breath after little exertion
- Extreme itchiness
- Unpleasant pressure/ difficulty urinating

Please wash fresh fruit.
 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 &	Jessie	603-669-1699
PETERBOROUGH	Mary	603-878-3109