

Monday		Tuesday		Wednesday		Thursday		Friday	
2	Beef & Bean Chili Turmeric Rice, Corn & Pepper Medley    	3	CH1: Apricot Chicken Vegetable Rice Medley, Zucchini & Peas     CH2: Roasted Pork w/Apple Gravy Sweet Potatoes & Green Beans    	4	CH1: Autumn Chicken Stew Potatoes, Carrots, Tomatoes, Spinach, Quinoa, Celery, Onion, Squash & Broccoli     CH2: Pancakes & Egg Pancakes, Eggs, Sausage & Pears 	5	Salisbury Steak w/ Mushroom Gravy Whole Grain Egg Noodles & Broccoli 	6	CH1: Shells & Cheese Vegetable Medley    CH2: Breaded Haddock Potatoes, Broccoli, Cauliflower & Carrots   
Beginning of March									
9	Hunter Style Chicken Red Wine & Tomato Sauce w/ Roasted Potatoes & Broccoli    	10	CH1: Chicken Tenders Mashed Potato, Peas & Carrots  CH2: BBQ Pork Rib Patty Sweet Potato, Corn Hash & Broccoli   	11	CH1: Meatloaf in Onion Gravy Roasted Potatoes, Peas & Corn  CH2: Scrambled Eggs Potatoes, Diced Peaches & Chicken Sausage  	12	Fresh Mrs. Budd's Chicken Pot Pie <i>Local partner!</i>	13	CH1: Mozzarella Filled Manicotti Butternut Squash Sauce, Peas, Garbanzo Medley & Carrots   CH2: Haddock Chowder Corn  
16	Beef Stew Shredded Pot Roast, Carrots, Potatoes, Green Beans, Brown Rice, Cannellini Beans, Herbed Sauce w/ Broccoli, Cauliflower & Carrots    	17	CH1: Beef & Tomato Mac Green Beans & Carrots  CH2: Pork w/ Cranberry Gravy Potato Skins, Corn, & Zucchini    	18	CH1: Chicken, Mushroom & Spinach Risotto Peas & Carrots   CH2: Sweet & Sour Chicken Pineapple, Broccoli, Asian Style Vegetables & Rice    	19	Golden Corral's Turkey Bacon Wrap Cheese, Fruit Salad, Bean Medley & Ranch Dressing (on the Side) <i>Local partner!</i>	20	CH1: Moroccan Vegetable Stew Peas & Carrots     CH2: Breaded Haddock Haddock, Lemon Parsley Rice & 4-Way Vegetable Blend   
23	Sesame Chicken Asian Vegetables, White Rice, Broccoli, Cauliflower & Carrots    	24	CH1: Whole Grain Ravioli Meat Sauce, Parmesan Cheese, Corn & Peas  CH2: Tarragon Pork Roasted Potatoes & Broccoli    	25	CH1: Chicken Jambalaya Mild Cajun Seasoning, Celery, Peppers, Apple Sausage, Tomato Broth, Onion, Rice, & Green Beans     CH2: Cinnamon French Toast Egg, Sausage & Applesauce 	26	Fresh Mrs. Budd's Chicken Pot Pie <i>Local partner!</i>	27	CH1: Vegetable Alfredo Penne Pasta Peas & Carrots    CH2: Haddock Florentine Roasted Sweet Potato & Peas   
30	Beef & Bean Chili Turmeric Rice, Corn & Pepper Medley    	31	CH1: Apricot Chicken Vegetable Rice Medley, Zucchini & Peas     CH2: Roasted Pork w/Apple Gravy Sweet Potatoes & Green Beans    	Beginning of April					

Monday		Tuesday		Wednesday		Thursday		Friday	
2	Beef & Bean Chili Turmeric Rice, Corn & Pepper Medley   	3	Apricot Chicken Vegetable Rice Medley, Zucchini & Peas   	4	Autumn Chicken Stew Potatoes, Carrots, Tomatoes, Spinach, Quinoa, Celery, Onion, Squash & Broccoli   	5	Roasted Pork w/ Apple Gravy Sweet Potatoes & Green Beans   	6	Beef Pot Roast Mushroom Gravy, Sweet Potato, Corn & Green Beans   
Beginning of March									
9	Hunter Style Chicken Red Wine & Tomato Sauce w/ Roasted Potatoes & Broccoli   	10	BBQ Pork Rib Patty Sweet Potato, Corn Hash & Broccoli   	11	Scrambled Eggs Potatoes, Diced Peaches & Chicken Sausage  	12	Beef Pot Roast Mushroom Gravy, Sweet Potato, Corn & Green Beans   	13	Haddock Chowder Corn  
16	Beef Stew Shredded Pot Roast, Carrots, Potatoes, Green Beans, Brown Rice, Cannellini Beans, Herbed Sauce w/ Broccoli, Cauliflower & Carrots   	17	Pork w/ Cranberry Gravy Potato Skins, Corn, & Zucchini   	18	Chicken, Mushroom & Spinach Risotto Peas & Carrots   	19	Sweet & Sour Chicken Pineapple, Broccoli, Asian Style Vegetables & Rice   	20	Moroccan Vegetable Stew Peas & Carrots    
23	Sesame Chicken Asian Vegetables, White Rice, Broccoli, Cauliflower & Carrots   	24	Tarragon Pork Roasted Potatoes & Broccoli   	25	Chicken Jambalaya Mild Cajun Seasoning, Celery, Peppers, Apple Sausage, Tomato Broth, Onion, Rice, & Green Beans   	26	BBQ Pulled Pork Sweet Potatoes, Corn & Zucchini   	27	Haddock Florentine Roasted Sweet Potato & Peas  
30	Beef & Bean Chili Turmeric Rice, Corn & Pepper Medley   	31	Apricot Chicken Vegetable Rice Medley, Zucchini & Peas   	Beginning of April					



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9	Hunter Style Chicken Red Wine & Tomato Sauce w/ Roasted Potatoes & Broccoli 	10	BBQ Pork Rib Patty Sweet Potato, Corn Hash & Broccoli 	11	Chicken Lo Mein 4-Way Vegetable Blend 	12	Beef Pot Roast Mushroom Gravy, Sweet Potato, Corn & Green Beans 	13	Breaded Haddock Lemon Parsley Rice 4-Way Vegetable Blend 		
16	Beef Stew Shredded Pot Roast, Carrots, Potatoes, Green Beans, Brown Rice, Cannellini Beans, Herbed Sauce w/ Broccoli, Cauliflower & Carrots 	17	Pork w/ Cranberry Gravy Potato Skins, Corn, & Zucchini 	18	Sweet & Sour Chicken Pineapple, Broccoli, Asian Style Vegetables & Rice 	19	Moroccan Vegetable Stew Peas & Carrots 	20	Breaded Haddock Lemon Parsley Rice 4-Way Vegetable Blend 	Beginning of April	
23	Sesame Chicken Asian Vegetables, White Rice, Broccoli, Cauliflower & Carrots 	24	Beef Pot Roast Mushroom Gravy, Sweet Potato, Corn & Green Beans 	25	Chicken Jambalaya Mild Cajun Seasoning, Celery, Peppers, Apple Sausage, Tomato Broth, Onion, Rice, & Green Beans 	26	BBQ Pulled Pork Sweet Potatoes, Corn & Zucchini 	27	Moroccan Vegetable Stew Peas & Carrots 		
30	Beef & Bean Chili Turmeric Rice, Corn & Pepper Medley 	31	Apricot Chicken Vegetable Rice Medley, Zucchini & Peas 								

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

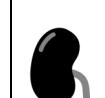
- Change or urine color/ consistency
- Fatigue or weakness
- Change in taste/ metallic taste
- Dizziness or confusion
- Swelling of hands, feet, or face
- Change of urination frequency
- High blood pressure
- Shortness of breath after little exertion
- Extreme itchiness
- Unpleasant pressure/ difficulty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

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