

October



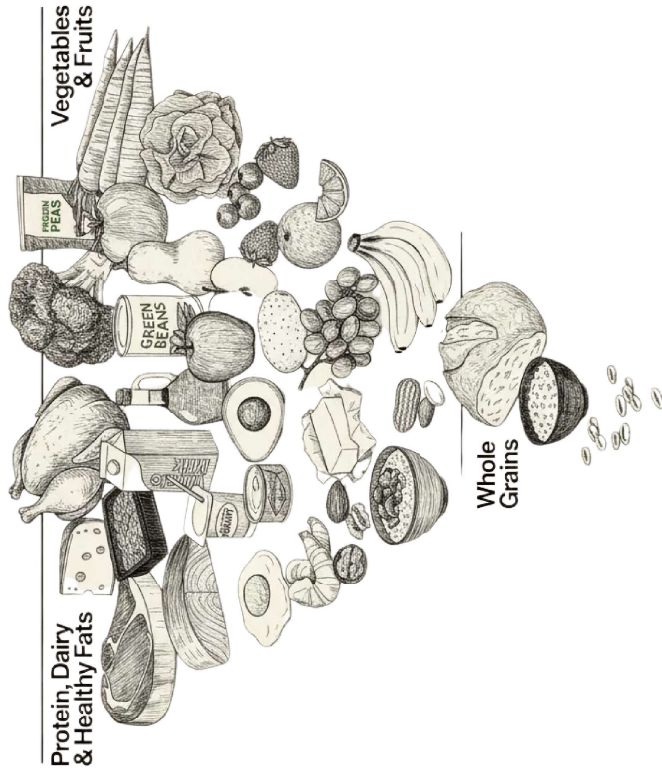
2026

Name: -----
Route: -----

To ensure availability please return menu choices by September 11th, and don't forget your name at the top!

Monday	Tuesday	Wednesday	Thursday	Friday
Remember: Do NOT vent or pierce film when microwaving, this causes the food to dry out. Please wash fresh fruit before eating. Suggested Donation is \$4.00 per meal.				
5 Southwest Beef Skillet Potatoes Cheddar, & Catalina Vegetable Blend	6 Choice 1: Sesame Chicken Asian Vegetables, White Rice, Broccoli, Cauliflower & Carrots Choice 2: Meatloaf Sandwich Pasta Salad	7 Choice 1: Butternut Squash Maple Sweet Potato, Chicken & Spinach Risotto Broccoli & Cauliflower Choice 2: Beef Patty w/ Onion Gravy Mashed Potatoes & Green Beans	8 Tortellini with Tomato Spinach & Mushroom Cream Sauce Vegetable Blend & Peas  Mrs. Budd's Chicken Pot Pie	9 Choice 1: Cinnamon French Toast Egg, Sausage, Peaches & Blueberry Choice 2: Breaded Haddock Lemon Dill Sauce, Florentine Rice & Peas
12 CLOSED FOR THE HOLIDAY	13 Choice 1: Beef & Sweet Potato Chili Corn Choice 2: Golden Corral's Beef Brisket Broccoli & Potato	14 Choice 1: Salisbury Steak Mushroom Gravy, Egg noodle & Carrots Choice 2: Apricot Chicken Veg Rice Medley, Zucchini & Peas	15 Bananas Foster French Toast Bake Bacon, & Banana golden corral	16 Choice 1: Pancakes Eggs, Sausage & Peas Choice 2: Shells & Cheese Vegetable Medley
19 Autumn Chicken Stew Potatoes & Vegetables, Broccoli & Garbanzo Beans	20 Choice 1: Turkey Casserole Vegetable Blend Choice 2: BBQ Pork Pasta Salad & Coleslaw	21 Choice 1: Meatloaf with Tomato Glaze Mashed Potatoes, Peas & Corn Choice 2: Pineapple Pork Riblet with Sweet Chili Sauce Jasmine Rice & Green Beans	22 Mrs. Budd's Chicken Pot Pie 	23 Choice 1: Scrambled Eggs Potatoes, Peaches & Chicken Sausage Choice 2: Lasagna Roll w/ Sundried Tomato, Mushroom & Spinach Cream Sauce Peas & Carrots
26 Ricotta Stuffed Eggplant Rollatini Marinara, Fresh Mozzarella, Peas & Mushrooms	27 Choice 1: Pot Roast Herbed Sauce, Potatoes & Peas Choice 2: Baked Spaghetti with Chicken Green Beans	28 Choice 1: Beef Bolognese Rotini, Mozzarella, Green Beans, Carrots Choice 2: Breaded Haddock Brown Rice & Vegetable Medley	29 Turkey Pot Pie Corn & Zucchini	30 Choice 1: Whole Wheat Waffles Blueberries, Applesauce, Egg & Sausage Choice 2: Vegetable Pot Pie Green Beans

The New Pyramid



How do we decide what food ends up at your door?

Every five years, the USDA and HHS publish the Dietary Guidelines for Americans, a document that provides advice on what to eat and drink to promote health and prevent diet-related disease. First published in 1980, the documents are intended to guide policymakers, federal nutrition program operators, healthcare providers and nutrition educators as they craft nutrition policy, advise patients and teach students about how to eat for optimal health.

The Dietary Guidelines are updated periodically to reflect advances in nutrition science and to respond to current trends and emerging concerns in public health. Their recommendations are supported by extensive scientific reports compiled over the course of several years by a committee of nutrition and health experts.

The document recommends that Americans prioritize protein at every meal, eat fruits and vegetables throughout the day, incorporate healthy fats, focus on whole grains and minimize highly processed foods, refined carbohydrates and added sugars.

At Meals on Wheels of Hillsborough Co. we make sure every meal represents 1/3 of the daily recommendations.

Daily Recommendation:

- Protein: 0.5g - 0.75g g per pound of body weight per day, adjusting as needed based on individual caloric requirements
- Dairy: 3 servings per day, adjusting as needed based on individual caloric requirements
- Vegetables: 3 servings per day, adjusting as needed based on individual caloric requirements
- Fruits: 2 servings per day, adjusting as needed based on individual caloric requirements
- Whole grains: 2 - 4 servings per day, adjusting as needed based on individual caloric requirements

MEALS on WHEELS®
HILLSBOROUGH COUNTY

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Merrimack & Nashua	Scott	603-882-2106
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Manchester & Goffstown	Jessie	603-669-1699
Peterborough	Mary	603-878-3109