

SOEL SISTAS

Dine Out Club Menu

All meals come with the fruit of the day, and a choice of yogurt or milk.
Choice of water, coffee, or tea. Refills are available for purchase.

BREAKFAST

#1 Breakfast Sandwich

Egg and cheese served on wheat toast, wheat english muffin, or gluten free toast. Served with a side of sweet potato veggie hash and corn grits.

#2 Breakfast Plate

Two eggs any style with cheese, served with a choice of wheat toast, wheat english muffin, or gluten free toast.
Served with a side of sweet potato veggie hash and corn grits.

BUILD YOUR OWN SANDWICH

Served on your choice of gluten free bread, whole wheat bread, whole wheat burger bun, whole wheat wrap, or as a salad. Served with side of sweet potato.

Choose 1:

- Roasted turkey
- Tuna salad
- Ham
- Grilled chicken breast
- Burger

Choose Toppings:

- Lettuce
- Tomato
- Onion
- Pickle
- Cucumber

Choose 1 Cheese:

- Pepper Jack
- Cheddar
- American
- Swiss

BUILD YOUR OWN SOEL BOWL

Served on your choice of brown rice, grits, white or sweet potato.

Choose 1 Protein: Choose 2 Vegetables: Choose 1 Sauce:

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|-------------------|--------------------|----------------|
| • Pork | • Carrots | • Honey garlic |
| • Chicken breast | • Broccoli | • BBQ |
| • Fish of the day | • Shredded cabbage | • Herb |
| | • Collard greens | • Gravy |
| | • BBQ Baked beans | |

Please remember: Tip for the restaurant is not included. Meals are valued at \$12.00

DAILY SPECIALS

Tuesday: American Chop Suey, side salad, whole wheat dinner roll.

Thursday: Chicken pot pie, side vegetable, whole wheat dinner roll.

Friday: Roasted turkey, mashed potatoes & gravy, carrots, cranberry sauce, and a whole wheat dinner roll.

Like the Dine Out Club? Consider making a donation. Every \$5 raised covers the cost of 1 meal. You can donate on our website or any dining location.

SOEL SISTAS

Simply Offering Edible Love

Tuesday, Thursday, and Friday
11:00am - 2pm, 4-7:30pm

30 Temple Street Suite 202 Nashua, NH

(603) 943-1469 | soelsistas.com

DINE OUT CLUB MENU

Nutrient totals are approximate and do not include personal choice items. Product and recipes may change without notice. Ask your server for a detailed nutrient menu.

A Meals on Wheels nutritionist is available to address inquiries.

You may take leftovers, but takeout is not allowed.



For more information on how Meals on Wheels serves our community, please visit: hcmow.org or scan QR code

- Home Delivery
- Community Dining
- Activities & Special Events
- Volunteer Opportunities
- Nutrition Education

Please donate directly to Meals on Wheels. Checks may be mailed to:
46 Milford St. Manchester, NH | 603-424-9967

