DINE OUT CLUB MENU

SOEL SISTAS

30 Temple Street Suite 202 Nashua, NH

Tuesday Noon - 5:00PM
Thursday 11:00AM - 7:00PM
Friday Noon - 8:00PM

(603) 943-1469 | soelsistas.com

MEALS on WHEELS HILLSBOROUGH COUNTY

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**

You can donate directly to Meals on Wheels through our donation boxes in our Dine Out Club restaurants or checks may be mailed to:
46 Milford St. Manchester, NH | 603-424-9967

- *Nutrient totals are approximate and do not include personal choice items like butter, condiments, or dressing.*
- *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.*

BREAKFAST

All meals come with a choice of fruit of the day or 100% juice and a choice of yogurt or milk.
Served with a choice of water, coffee, or tea. Refills of coffee and tea are available for purchase.

#1 Breakfast Sandwich

1 egg any way, served on wheat toast, English muffin, or gluten free toast. Served with a side of sweet potato veggie hash.
Calories 680 | Sodium 589mg | Carbs 109g

#2 Breakfast Plate

Two eggs any style, served with a choice of whole wheat toast, whole wheat english muffin, or gluten free toast.
Served with sweet potato veggie hash.
Calories 683 | Sodium 657mg | Carbs 92g

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

LUNCH

All meals come with a choice of fruit of the day or 100% juice, and a choice of yogurt or milk.
Served with a choice of water, coffee, or tea. Refills of coffee and tea are available for purchase.

#3 Soel Bowl

Choose 1 Protein: Pork, chicken breast, or fish of the day
Choose 2 Vegetables: Carrots, cabbage, BBQ baked beans, or collard greens
Choose 1 Base: sweet potato, mashed potato, or brown rice
Choice of Sauce: honey garlic, BBQ, or herb seasoning, or gravy
Calories 712 | Sodium 943mg | Carbs 106g

#4 Tuna Sandwich

Tuna salad sandwich with lettuce, tomato, onion, and pickle. Served on whole wheat bread, wheat wrap, or gluten free bread. Served with sweet potato.
Calories 803 | Sodium 946mg | Carbs 112g

#5 Cheeseburger

Burger, cheddar cheese, onion, pickles, tomatoes, lettuce, ketchup mustard, and mayo on a whole wheat bun. Served with sweet potato.
Calories 770 | Sodium 867mg | Carbs 94.3g

#6 Grilled Chicken Sandwich

Chicken breast, cheddar cheese, onion, pickles, tomatoes, lettuce, and mayo on a whole wheat bun. Served with sweet potato.
Calories 767 | Sodium 907mg | Carbs 96.1g

#7 Special of The Day

Tuesday: Vegetable pasta, carrots, and a whole wheat roll.
Calories 681 | Sodium 848mg | Carbs 98g

Thursday: Shepherds Pie, mashed potatoes, corn and ground beef with gravy served with carrots, and a whole wheat roll.
Calories 777 | Sodium 764mg | Carbs 105g

Friday: Roasted turkey with gravy, carrots, mashed potatoes, cranberry sauce, and a whole wheat roll.
Calories 807 | Sodium 442mg | Carbs 114g

Substitutions are not permitted. You may order off of the regular menu at your own expense.

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.

11.3.2026