



SEPT. 29– Oct. 24 2025 NAME: _____

ROUTE: _____

MEALS on WHEELS
HILLSBOROUGH COUNTY

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 **MONDAY, September 22nd**. See legend of icons on the back!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 Beef Pot Roast Mushroom Gravy, Sweet Potato, Corn & Green Beans <i>Calories 359, Carbs 50g, Sodium 428mg</i>    	30 CH1: Cheese Ravioli Tomato & Spinach Cream Sauce Peas, Garbanzo Beans & Carrots <i>Calories 404, Carbs 63g, Sodium 485mg</i>    CH2: Orange Glazed Meatballs Jasmine Rice, Broccoli & Cauliflower <i>Calories 529, Carbs 38g, Sodium 353mg</i>	CH1: Chicken Tenders Mashed Potatoes, Peas & Carrots <i>Calories 397, Carbs 44g, Sodium 627mg</i>   CH2: Meatloaf w/ Tomato Glaze Sour Cream & Herb Mashed Potatoes & Vegetable Blend <i>Calories 350, Carbs 35g, Sodium 350mg</i>  	2 Chicken Breast with Creamy Herb Gravy Brown Rice Florentine & Broccoli <i>Calories 329, Carbs 26g, Sodium 277mg</i>    	3 CH1: Scrambled Eggs Potatoes, Peaches & Chicken Sausage <i>Calories 356, Carbs 42g, Sodium, 381mg</i>   CH2: Haddock chowder Corn <i>Calories 335, Carbs 49g, Sodium 501mg</i>  
6 Whole Grain Ravioli w/ Meat Sauce Parmesan Cheese, Corn & Peas <i>Calories 452, Carbs 56g, Sodium 421mg</i>  	7 CH1: Vegetable Alfredo Penne w/ Cream Sauce, Peas & Carrots <i>Calories 365, Carbs 58g, Sodium 325mg</i>    CH2: Rosemary Dijon Pork Sweet Potatoes & Broccoli <i>Calories 332, Carbs 37g, Sodium 503mg</i>    	8 CH1: Chicken Pot Pie Potatoes, Mixed Vegetables & Broccoli <i>Calories 394, Carbs 38g, Sodium 459mg</i>   CH2: Mild Chicken Jambalaya Apple Sausage in Tomato Broth w/ Celery, Peppers, Onion Rice & Green Beans <i>Calories 376, Carbs 51, Sodium 495</i>    	9 Meatballs with Brown Gravy Vegetable and Rice Medley Broccoli, Carrots & Cauliflower <i>Calories 453, Carbs 42g, Sodium 493mg</i> 	10 CH1: Cinnamon French Toast Egg, Sausage & Cinnamon Applesauce <i>Calories 405, Carbs 53g, Sodium 622mg</i>   CH2: Haddock w/ Lemon Dill Sauce Veg. Rice Medley, Green Beans & Carrots <i>Calories 304, Carbs 44g, Sodium 472mg</i>   
13 CLOSED FOR THE HOLIDAY	14 CH1: Salisbury Steak w/ Pepper & Onion Sauce Brown Rice & Broccoli <i>Calories 412Carbs 43g, Sodium 490mg</i>   CH2: Pork w/ Apple Gravy Sweet Potatoes & Green Beans <i>Calories 316, Carbs 42g, Sodium 420mg</i>    	15 CH1: Autumn Chicken Stew Potatoes, Carrots, Tomatoes, Spinach, Quinoa, Squash w/ Vegetable Blend <i>Calories 261, Carbs 34g, Sodium 430mg</i>     CH2: Beef & Bean Chili Turmeric Rice, Corn & Pepper Medley <i>Calories 469, Carbs 60g, Sodium 404mg</i>    	16 Apricot Chicken Vegetable Rice Medley Zucchini & Peas <i>Calories 323, Carbs 51g, Sodium 306mg</i>    	17 CH1: Pancakes Egg, Sausage & Pears <i>Calories 357, Carbs 46g, Sodium 569mg</i>   CH2: Breaded Haddock Potatoes, Broccoli, Cauliflower & Carrots <i>Calories 328, Carbs 52g, Sodium 289mg</i>   
20 Hunter Style Chicken in Red Wine and Tomato Sauce Roasted Potatoes & Broccoli <i>Calories 348, Carbs 39g, Sodium 564mg</i>   	21 CH1: Butternut Squash & Cheese Filled Manicotti Garbanzo Medley, Peas & Carrots <i>Calories 357, Carbs 39g, Sodium 440mg</i>   CH2: Mango Pork & Jasmine Rice Broccoli & Cauliflower <i>Calories 328, Carbs 53g, Sodium 532mg</i>    	22 CH1: Mild Southwest Beef & Rice Cilantro Brown Rice, Corn, Black Beans & Tomatoes w/ Salsa Roja <i>Calories 420, Carbs 53g, Sodium 535mg</i>    CH2: Chicken Tenders Mashed Potatoes, Peas & Carrots <i>Calories 397, Carbs 44g, Sodium 627mg</i>  	23 <i>Local Partner Special!</i> Mrs. Budd's Chicken Pot Pie <i>Calories 385, Carbs 40g, Sodium 860mg</i>	24 CH1: Scrambled Eggs Potatoes, Peaches & Chicken Sausage <i>Calories 356, Carbs 42g, Sodium, 381mg</i>   CH2: Haddock chowder Corn <i>Calories 335, Carbs 49g, Sodium 501mg</i>  



September is National Whole Grains Month!

Whole grains are better for you than **refined grains**.

During processing, refined grains (as seen in cookies, pastries, and white bread) lose much of their nutritional value. Whole grains (as seen in wild rice, whole grain bread, and oats), however, keep those amazing and helpful qualities.

Whole grains are rich in fiber. **Fiber** can help with digestion, as well as keep your heart healthy!

Whole grains also have **vitamins and minerals** such as magnesium, selenium and copper—which can help prevent some cancers.

Replacing refined grains with whole ones can even reduce your likelihood of type 2 diabetes because they help **lessen blood sugar spikes**.

No wonder these whole grains get a whole month of celebration!

Suggested Donation \$3.00 per meal

Nutrients listed on the menu include items in the tray only.

Please wash fresh fruit.



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 Free: These meals do not contain gluten, wheat or related grains. ELISA tested to meet Federal requirements of less than 20ppm of gluten per meal.
	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 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 & NASHUA	Scott	603-882-2106
MILFORD	Jill	603-673-4094
MANCHESTER & GOFFSTOWN	Jessie	603-669-1699
PETERBOROUGH	Mary	603-878-3109