



Oct. 27– Nov. 21, 2025 NAME: _____

ROUTE: _____

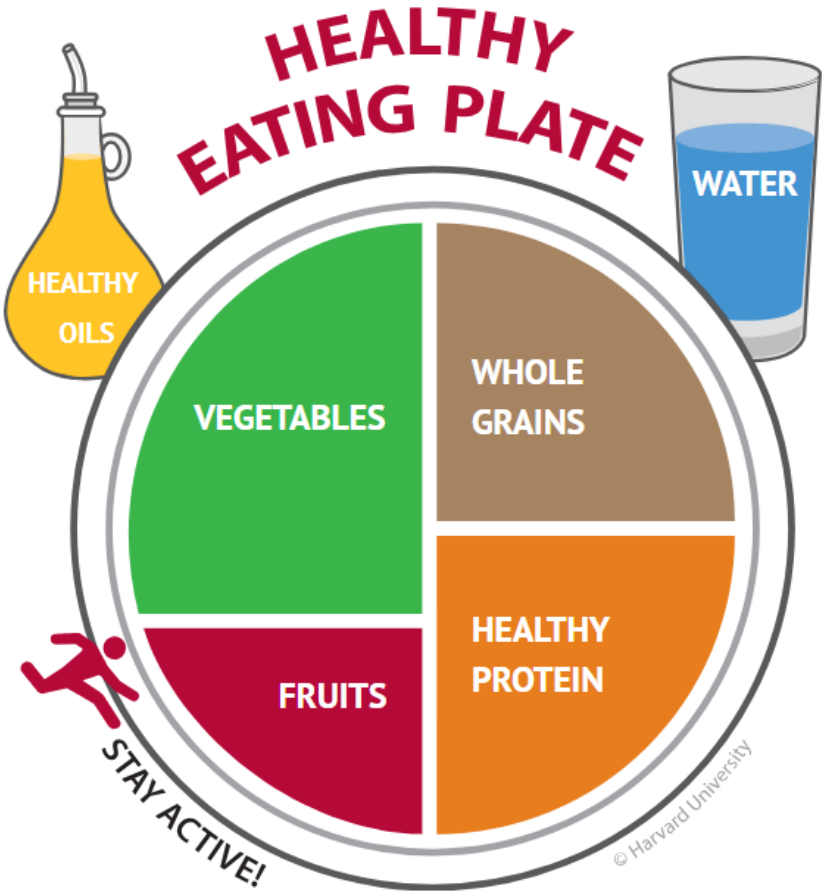
MEALS on WHEELS
HILLSBOROUGH COUNTY

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 **Wednesday, October 15th**. See legend of icons on the back!

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
27	Beef Stew Pot Roast, Carrots, Potatoes, Green Beans, Brown Rice, Cannellini Beans in Herbed Sauce Broccoli, Cauliflower & Carrots <i>Calories 295, Carbs 39g, Sodium 521mg</i>    	28	CH1: Chicken Stroganoff Peas & Carrots <i>Calories 334, Carbs 42g, Sodium 537mg</i> CH2: Pork w/ Cranberry Gravy Roasted Potatoes, Corn & Zucchini <i>Calories 328, Carbs 53g, Sodium 532mg</i>    	29	CH1: Lasagna w/ Vegetable Marinara Peas & Mushrooms <i>Calories 334, Carbs 44g, Sodium 343mg</i> CH2: Beef & Tomato Mac w/ Green Beans & Carrots <i>Calories 564, Carbs 65g, Sodium 393mg</i>    	30	Sweet & Sour Chicken Pineapple, Jasmine Rice, Asian Style Vegetables & Broccoli <i>Calories 353, Carbs 44g, Sodium 290mg</i>    	31	CH1: Waffles Blueberry Apple Sauce, Egg, Sausage <i>Calories 369, Carbs 44g, Sodium 514mg</i> CH2: Breaded Haddock Lemon Parsley Rice Vegetable Blend <i>Calories 451, Carbs 67g, Sodium 376mg</i>    
3	Whole Grain Ravioli w/ Meat Sauce Parmesan Cheese, Corn & Peas <i>Calories 452, Carbs 56g, Sodium 421mg</i> Beginning of November  	4	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>    	5	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>    	6	Meatballs with Brown Gravy Vegetable and Rice Medley Broccoli, Carrots & Cauliflower <i>Calories 453, Carbs 42g, Sodium 493mg</i> 	7	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>    
10	Salisbury Steak w/ Pepper & Onion Sauce Brown Rice & Broccoli <i>Calories 412Carbs 43g, Sodium 490mg</i>  	CLOSED FOR THE HOLIDAY		12	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>    	13	Apricot Chicken Vegetable Rice Medley Zucchini & Peas <i>Calories 323, Carbs 51g, Sodium 306mg</i>    	14	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>    
17	Hunter Style Chicken in Red Wine and Tomato Sauce Roasted Potatoes & Broccoli <i>Calories 348, Carbs 39g, Sodium 564mg</i>    	18	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>    	19	CH1: 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>  	20	Meatloaf w/ Tomato Glaze Sour Cream & Herb Mashed Potatoes and 4-Way Vegetable Blend <i>Calories 350, Carbs 35g, Sodium 350mg</i>  	21	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>    

Did you know the food pyramid
has been replaced?
Meet The Healthy Plate!

- **Vegetables and fruit** should be about half of your meal– with more veggies than fruit.
- Instead of being the majority of your diet like the food pyramid, **whole grains** should make up about a quarter of your plate.
- **Lean proteins** (like chicken, turkey, and fish) should make up another quarter. These are proteins with less fats than beef.
- **Healthy oils** are important (such as olive oil) but avoid partially hydrogenated oils, which have unhealthy fats in them.
- Drink lots of **water** throughout the day. Keeping hydrated is an important part of all health!
- Remember to only intake sugar, refined grains, fatty proteins, and processed foods in limited amount.



Suggested Donation \$4.00 per meal

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

Please wash fresh fruit.

Need help with utilities?
There are many resources available.

Hillsborough	(603) 924-2243 (Toll free 1-877-757-7048)
Manchester	(603) 647-4470 (Toll free 1-800-322-1073)
Milford	(603) 924-2243 (Toll free 1-877-757-7048)
Nashua	(603) 889-3440 (Toll free 1-877-211-0723)
Peterborough	(603) 924-2243 (Toll free 1-877-757-7048)

Don't see your town? That's ok! Just call the **nearest** to you.

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