



MEALS on WHEELS
HILLSBOROUGH COUNTY

April 2024

Name: _____ Route #: _____

Please call your site location or cross off any days that you will not be home. On choice Fridays the default is Choice 1. If you want Choice 2, circle that option. * Indicates Vegetarian. Return your menu to your driver by Friday, **March 15.**

Monday	Tuesday	Wednesday	Thursday	Friday
1) Beef Patty & Port Jus Sauce Brown rice, green beans, carrots, corn & peas <i>Calories 496, Carbs 49g, Sodium 212mg</i>	2) Chicken Pot Pie Chicken in creamy gravy with potatoes & vegetables <i>Calories 394, Carbs 38g, Sodium 459mg</i>	3) *Macaroni & Cheese* Peas & carrots <i>Calories 392, Carbs 64g, Sodium 593mg</i>	4) Orange Chicken White rice & green beans <i>Calories 341, Carbs 44g, Sodium 436mg</i>	5) Pork with Sweet Chili & Pineapple Sauce Jasmine rice, corn & zucchini <i>Calories 447, Carbs 71g, Sodium 428mg</i>
8) Chicken with Broccoli & Cheese Potatoes, corn, green beans, peas & carrots <i>Calories 491, Carbs 50g, Sodium 442mg</i>	9) Beef Chili White rice & vegetable medley <i>Calories 469, Carbs 60g, Sodium 404mg</i>	10) Coconut Curry Chicken Jasmine rice & broccoli <i>Calories 367, Carbs 58g, Sodium 460mg</i>	11) Turkey Ala King with Bowtie Pasta Broccoli, carrots & cauliflower <i>Calories 306, Carbs 38g, Sodium 257mg</i>	12) CH1: Pork with Applesauce Mashed potato, broccoli, carrots & cauliflower <i>Calories 253, Carbs 27g, Sodium 157mg</i> CH2: *Vegetable Alfredo* Carrots, corn, green beans & peas <i>Calories 306, Carbs 38g, Sodium 257mg</i>
15) Chicken Honey Garlic Sauce Diced potato & green beans <i>Calories 286, Carbs 38g, Sodium 394mg</i>	16) Beef with Mushroom Gravy Garlic herb mashed potatoes, corn & spinach <i>Calories 397, Carbs 32g, Sodium 295mg</i>	17) Chicken Tenders Mashed potatoes, peas & carrots <i>Calories 397, Carbs 44g, Sodium 667mg</i>	18) Sweet & Sour Meatballs White rice, green beans, & stir fry vegetables <i>Calories 554, Carbs 62g, Sodium 734 mg</i>	19) CH1: Pork with BBQ Gravy 4-Way vegetable blend & cilantro lime rice <i>Calories 389, Carbs 55g, Sodium 332mg</i> CH2: *Cheese Ravioli with Butternut Cream Sauce* Peas, chickpeas and carrots <i>Calories 389, Carbs 66g, Sodium 434mg</i>
22) Meatballs & Marinara Sauce Penne pasta & green beans <i>Calories 451, Carbs 50g, Sodium 792mg</i>	23) Chicken Lasagna Sundried tomato cream sauce, peas & carrots <i>Calories 413, Carbs 51g, Sodium 467mg</i>	24) Shepherd's Pie Cheesy potatoes, green beans & carrots <i>Calories 408, Carbs 32g, Sodium 511mg</i>	25) Beef Steak Stroganoff Bowtie pasta, broccoli & cannellini beans <i>Calories 393, Carbs 45g, Sodium 447mg</i>	26) CH1: Honey Mustard Pork Dice potato, corn, & zucchini <i>Calories 395, Carbs 58, Sodium 325mg</i> CH2: *Eggplant Parmesan* Broccoli, cauliflower, and carrots <i>Calories 411, Carbs 53, Sodium 976mg</i>
29) Orange Chicken White rice & green beans <i>Calories 341, Carbs 44g, Sodium 436mg</i>	30) Beef Patty & Port Jus Sauce Brown rice, green beans, carrots, corn & peas <i>Calories 496, Carbs 49g, Sodium 212mg</i>	1) Chicken Pot Pie Chicken in creamy gravy with potatoes & vegetables <i>Calories 394, Carbs 38g, Sodium 459mg</i>	2) *Macaroni & Cheese* Peas & carrots <i>Calories 392, Carbs 64g, Sodium 593mg</i>	3) CH1: Pork with Sweet Chili & Pineapple Sauce Jasmine rice, corn & zucchini <i>Calories 447, Carbs 71g, Sodium 428mg</i> CH2: *Lasagna Roll with Sundried Tomato, mushroom & Spinach Cream sauce* Peas & carrots <i>Calories 342, Carbs 51g, Sodium 427mg</i>

Nutrition Tips for Ages 60+

Eating habits change throughout the life span. Learn how the foods and drinks you choose each day help you meet daily nutrient needs, maintain a healthy body weight, and reduce the risk of chronic disease.

- Make sure you are eating enough protein. Eat seafood, dairy or fortified soy alternatives, beans, peas, and lentils to help maintain muscle mass.
- Add fruits and vegetables to your meals and snacks. If slicing and chopping is a challenge, choose frozen, canned, or ready-to-eat options.
- Turn eating into a social event. Meals are more enjoyable when you eat with others. Invite friends to join you or take part in a potluck at least twice a week. Some community centers and places of worship offer meals that are shared with others. There are many ways to make mealtimes pleasing.
- The body's ability to absorb vitamin B12 can decrease with age. Taking certain medicines can also lower absorption. Eating enough protein and fortified foods can help the body get the vitamin B12 it needs. Speak with your healthcare provider to learn if you should take supplements and what is right for you.

Simple Snack Combo Ideas

Whole Grain Crackers + Avocado + Turkey

Greek Yogurt + Berries + Granola

Carrots + Hummus

Apple + String Cheese

Tomato + Hardboiled Eggs

Celery + Peanut Butter + Raisins

Dried Fruit + Nut + Popcorn Trail Mix

Tortilla + Banana + Almond Butter

Granola Bar + Orange Slices

Be Aware of Added Sugar and Salt

When choosing a premade or packaged snack food, be sure to read the nutrition facts label for added sugar and salt. Too much added sugar and salt puts you at risk for disease. Aim for the lowest amount of each when selecting a snack.

Suggested Donation \$3.00 per meal

Riddle: What has to be broken before you can use it?



Answer: An egg!

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

Location	Manager	Phone #
Nashua Senior Activity Center	Scott	603-882-2106
Milford Share Outreach	Jill	603-673-4094
Goffstown The Meeting House	Patti	603-497-4633
HQ (Manchester & Merrimack)	Nicole	603-669-1699
Peterborough	Mary	603-878-3109