



**MEALS on WHEELS**  
HILLSBOROUGH COUNTY

*May 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, April 12th.**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>6) <b>Turkey Ala King with Bowtie Pasta</b> Broccoli, carrots &amp; cauliflower <i>Calories 306, Carbs 38g, Sodium 257mg</i></p>	<p>7) <b>*Vegetable Pot Pie*</b> Green beans <i>Calories 511, Carbs 64g, Sodium 585mg</i></p>	<p>8) <b>Beef Chili</b> White rice &amp; vegetable medley <i>Calories 469, Carbs 60g, Sodium 404mg</i></p>	<p>9) <b>Chicken with Broccoli &amp; Cheese</b> Potatoes, corn, green beans, peas &amp; carrots <i>Calories 491, Carbs 50g, Sodium 442mg</i></p>	<p>10) <b>CH1: Pork with Applesauce</b> Mashed potato, broccoli, carrots &amp; cauliflower <i>Calories 253, Carbs 27g, Sodium 157mg</i> <b>CH2: *Vegetable Alfredo*</b> Penne pasta with vegetable blend <i>Calories 389, Carbs 55g, Sodium 332mg</i></p>
<p>13) <b>Beef with Mushroom Gravy</b> Garlic herb mashed potatoes, corn &amp; spinach <i>Calories 397, Carbs 32g, Sodium 295mg</i></p>	<p>14) <b>Chicken Tenders</b> Mashed potatoes, peas &amp; carrots <i>Calories 397, Carbs 44g, Sodium 667mg</i></p>	<p>15) <b>Sweet &amp; Sour Meatballs</b> White rice, green beans, &amp; stir fry vegetables <i>Calories 554, Carbs 62g, Sodium 734 mg</i></p>	<p>16) <b>Chicken Honey Garlic Sauce</b> Diced potato &amp; green beans <i>Calories 286, Carbs 38g, Sodium 394mg</i></p>	<p>17) <b>CH1: Pork with BBQ Gravy</b> 4-Way vegetable blend &amp; cilantro lime rice <i>Calories 389, Carbs 55g, Sodium 332mg</i> <b>CH2: *Chicken Rice Casserole*</b> Roasted garlic cream sauce, carrots, &amp; broccoli <i>Calories 389, Carbs 40g, Sodium 377mg</i></p>
<p>20) <b>Shepherd's Pie</b> Cheesy potatoes, green beans &amp; carrots <i>Calories 408, Carbs 32g, Sodium 511mg</i></p>	<p>21) <b>Chicken Paprikash</b> Brown rice, peas &amp; chickpeas <i>Calories 398, Carbs 46g, Sodium 398mg</i></p>	<p>22) <b>Beef Steak Stroganoff</b> Bowtie pasta, broccoli &amp; cannellini beans <i>Calories 393, Carbs 45g, Sodium 447mg</i></p>	<p>23) <b>Chicken Lasagna</b> Sundried tomato cream sauce, peas &amp; carrots <i>Calories 413, Carbs 51g, Sodium 467mg</i></p>	<p>24) <b>CH1: *Vegetable Pot Pie*</b> Green beans <i>Calories 511, Carbs 64g, Sodium 585mg</i> <b>CH2: Tilapia with Florentine Sauce</b> White rice &amp; vegetable medley <i>Calories 310, Carbs 37, Sodium 154mg</i></p>
<p>27) <b>CLOSED FOR THE HOLIDAY</b></p>	<p>28) <b>Chicken Pot Pie</b> Chicken in creamy gravy with potatoes &amp; vegetables <i>Calories 394, Carbs 38g, Sodium 459mg</i></p>	<p>29) <b>*Macaroni &amp; Cheese*</b> Peas &amp; carrots <i>Calories 392, Carbs 64g, Sodium 593mg</i></p>	<p>30) <b>Orange Chicken</b> White rice &amp; green beans <i>Calories 341, Carbs 44g, Sodium 436mg</i></p>	<p>31) <b>CH1: Pork with Sweet Chili &amp; Pineapple Sauce</b> Jasmine rice, corn &amp; zucchini <i>Calories 447, Carbs 71g, Sodium 428mg</i> <b>CH2: *Eggplant Parmesan*</b> Broccoli, cauliflower, and carrots <i>Calories 411, Carbs 53, Sodium 976mg</i></p>

# HEALTH BENEFITS OF **WHOLE GRAINS**



Stabilize your blood sugar levels.



Promote a healthy balance of good gut bacteria.



Reduce blood cholesterol and blood pressure levels.



Help you feel fuller for longer.



Lower your risk of heart disease or cancer.



Improve digestion and aid red blood cell formation.



Improve your overall health.



Provide essential minerals.



Help you get your recommended daily intake of fiber.



**Nutrients listed on the menu include items in the tray only. Please wash fresh fruit.**

You may have noticed some changes in the past few months...

1) In partnership with our new catering service, we have been working hard to provide the healthiest and yummiest meals for you! You will be seeing more whole grain offerings such as brown rice, whole grain pasta, and ancient grain breads.

2) Our office has moved! Please note our new office is located at:

**46 Milford St.**

**Manchester, NH 03102**

**Any mail should be sent to the above address.**

*Suggested Donation \$3.00 per meal*

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