<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
</table>
| Grilled Chicken Breast w/ Pineapple Sauce  
Roasted Potatoes, Green Beans, Cornbread Loaf  
Fresh Orange  
1% Milk | **COLD MEAL DO NOT HEAT**  
Turkey Salad with Cranberries  
Orzo Spinach Salad  
Corn Salad  
Dinner Roll  
Fortified Apple Juice | Chicken Alfredo  
Broccoli  
Dinner Roll  
Seasonal Fruit  
Blueberry Yogurt | Cubed Beef with Brown Gravy  
Brown Rice  
Whole Kernel Corn  
Fruited Gelatin  
1% Milk | Salisbury Beef with Brown Gravy  
Mashed Spiced Yams  
Italian Vegetable Blend  
Whole Grain Dinner Roll, Strawberry Yogurt |
| **Cut** | **Cut** | **Cut** | **Cut** | **Cut** |
| Italian Mac & Beef  
Spinach  
Sliced Carrots  
Wheat Bread  
Blueberry Yogurt | CH1: Grilled Chicken Breast With Honey Glaze, Brown Rice, Green Peas  
OR  
CH2: **COLD MEAL DO NOT HEAT**  
Egg Salad, Green Pea Salad, & Balsamic Pasta Salad  
Whole Grain Dinner Roll, Seasonal Fruit, 1% Milk | Beef Taco Bowl  
Black Beans  
Whole Kernel Corn  
Flour Tortilla  
Fortified Apple Juice  
Taco Sauce | Chicken Scampi  
Egg Noodles  
Green Beans  
Breadstick  
Fudge Créme Cookie  
Strawberry Yogurt | CH1: BBQ Pulled Pork  
OR  
CH2: Breaded Pollock  
Whipped potatoes, Mixed Vegetables, Hamburger Bun, Seasonal Fruit, 1% Milk |
| **Cut** | **Cut** | **Cut** | **Cut** | **Cut** |
| Grilled Chicken Breast w/ Citrus Mojo Sauce  
Brown Rice, Mexican Vegetable Blend  
Multi-Grain Bread  
Seasonal Fruit, 1% Milk | CH1: Baked Meatballs with Spaghetti Sauce, Tater Tots, Green Peas  
OR  
CH2: **COLD MEAL DO NOT HEAT**  
Honey Mustard Chicken Salad, Potato Salad, & Green Pea Salad  
Whole Grain Hoagie Roll, Strawberry Yogurt | Tuna Noodle Au Gratin  
Sliced Carrots  
Cornbread Loaf  
Mandarin Oranges  
1% Milk | Chicken and Rice Casserole  
Spinach  
Whole Grain Dinner Roll  
Seasonal Fruit  
Blueberry Yogurt | CH1: Broccoli & Red Pepper Frittata  
OR  
CH2: Baked Pollock with Creole Sauce  
Sweet Potatoes, Green Beans,  
Multi-Grain bread, Fortified Orange Juice |
| **Cut** | **Cut** | **Cut** | **Cut** | **Cut** |
| Beef Cabbage Casserole  
Whole Kernel Corn  
Green Beans  
Multi-Grain Bread  
1% Milk | CH1: Chicken with Cilantro Lime Sauce, Oven Roasted Potatoes, Sliced Carrots  
OR  
CH2: **COLD MEAL DO NOT HEAT**  
Roast Beef Chef Salad & Carrifruit Salad  
Multi-Grain Bread, Chocolate Chip Cookie, Blueberry Yogurt | Beef Jardinière  
Whipped Potatoes  
Creamed Spinach  
Whole Wheat Bread  
Fruit Cocktail  
Fortified Apple Juice | Grilled Chicken w/  
Cranberry Orange Sauce  
Brown Rice, Brussels Sprouts  
Multi-Grain Bread  
Applesauce  
1% Milk | CH1: Butternut Macaroni and Cheese  
OR  
CH2: Potato Crusted Pollock  
Cabbage, California Vegetable Blend, Whole Wheat Bread, Seasonal Fruit, Strawberry Yogurt |
| **Cut** | **Cut** | **Cut** | **Cut** | **Cut** |
| Turkey Breast  
With Gravy  
Sweet Potatoes  
Spinach  
Cornbread Loaf  
Fresh Orange  
Blueberry Yogurt | CH1: Beef Patty with Burgundy Sauce, Buttered Rice, Dilled Carrots  
OR  
CH2: **COLD MEAL DO NOT HEAT**  
Tuna Salad, Chickpea Quinoa Salad, Carrot Pineapple Salad  
Multi-Grain Bread, Seasonal Fruit, 1% Milk | Swedish Meatballs  
Whipped Potatoes  
Whole Kernel Corn  
Whole Wheat Bread  
Seasonal Fruit  
1% Milk | Chicken Scaloppini  
Cheesy Whipped Potatoes  
Mixed Vegetables  
Whole Grain Dinner Roll  
Fortified Orange Juice | CH1: Roast Pork with Piccata Sauce  
OR  
CH2: Baked salmon with Lemon Butter Sauce  
Broccoli, Multi-Grain Bread, Peach Crisp, 1% Milk |
| **Cut** | **Cut** | **Cut** | **Cut** | **Cut** |

**Frozen Holiday Meal Delivered for Monday, September 4th.**
Tom is a Hillsborough County Meals On Wheels driver in the Milford area! Thank you Tom for over 10 years of offering a smile, or friendly chat during a time when it was needed most. Words can’t describe how grateful we are for your continued service.

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**Administrative Office:** 395 Daniel Webster Highway, PO Box 910 Merrimack, NH 03054
**Website:** www.hcmow.org | **Email:** meals@hcmow.org

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<table>
<thead>
<tr>
<th>Location</th>
<th>Manager</th>
<th>Phone #</th>
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<th>Phone #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nashua Senior Activity Center</td>
<td>Scott</td>
<td>603-882-2106</td>
<td>Merrimack Carpenter Center</td>
<td>Nicole</td>
<td>603-669-1699</td>
</tr>
<tr>
<td>Manchester Carpenter Center</td>
<td>Nicole</td>
<td>603-669-1699</td>
<td>Goffstown The Meeting House</td>
<td>Patti</td>
<td>603-497-4633</td>
</tr>
<tr>
<td>Milford Share Outreach</td>
<td>Jill</td>
<td>603-673-4094</td>
<td>Suggested Donation Per Meal $3</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>