For more information on how we serve our community, please visit:

www.hcmow.org

- Meals on Wheels Home Delivery
- Community Dining
- Activities and Special Events
- Volunteering
- Nutrition Education
- Donating / Ways to Give

Please donate directly to Meals on Wheels. Checks may be mailed to:

Meals on Wheels Administrative Office
395 DW Highway, PO Box 910
Merrimack, NH 03054 | 603-424-9967

A wonderful way to get out of the house & enjoy a delicious, nutritious meal with family or friends!

DINE OUT CLUB

GARY’S HARVEST RESTAURANT

Proudly serving the area for over 47 years!

35 Main Street, Wilton, NH
(603) 654-9969
Mon, Tues, Wed, Fri: 8:30AM - 1PM
Sat & Sun: 7AM - 1:30PM
#1 Breakfast Sandwich  Sausage, egg, tomato, spinach on an English muffin. Served with sweet potato pan fries, unsweetened applesauce and orange juice
Calories 632 | Sodium 622 mg | Carbs 87 gm | Total Fat 24gm

#2 Harvest Veggie Skillet  2 eggs with fresh tomato, onion, broccoli, spinach, bell pepper, cheddar cheese. Served with toast, baked beans, oatmeal and orange juice
Calories 660 | Sodium 630mg | Carbs 92gm | Total Fat 20gm

#3 BLT Breakfast Sandwich  2 eggs, bacon, tomato, lettuce served on 12 grain bread. Served with pan fries, unsweetened applesauce and milk
Calories 675 | Sodium 784 mg | Carbs 89gm | Total Fat 21gm

#4 So Berry French Toast Breakfast  2 slices 12-grain French toast, served with sausage, pan fries, berries & milk
Calories 726 | Sodium 854 mg | Carbs 90gm | Total Fat 28gm

#5 Harvest Breakfast  2 eggs, bacon, pan fries, toast, baked beans, tomato, unsweetened applesauce & milk
Calories 659 | Sodium 915mg | Carbs 88 gm | Total Fat 20gm

◊ You may take leftovers, but takeout is not allowed.
◊ Substitutions are not permitted. You may order off of the regular menu at your own expense.
◊ Nutrient totals are approximate & do not include personal choice items, such as salad dressing. & condiments. Products, recipes & nutrition info may change without notice.

#6 Chicken Quesadilla  Grilled chicken, onion, pepper and cheddar cheese. Served with black beans, tomato slices, and mandarin oranges
Calories 702 | Sodium 743 mg | Carbs 75 gm | Total Fat 18gm

#7 Grilled Chicken Wrap  Flour tortilla with grilled chicken, lettuce, pepper, tomato, onion, cheddar cheese. Served with pan fries and mandarin oranges. Side of honey mustard.
Calories 743 | Sodium 761 mg | Carbs 72 gm | Total Fat 29gm

#8 Steak & Cheese Sub  Peppers, onions and mushrooms. Served with baked beans & mandarin oranges
Calories 664 | Sodium 787 mg | Carbs 70 gm | Total Fat 25gm

#9 Turkey Club with Sweet Potato Pan Fries  Turkey, tomato, onion, lettuce, bacon, Swiss cheese on toasted white bread. Served with mandarin oranges.
Calories 598 | Sodium 870 mg | Carbs 75 gm | Total Fat 16gm

#10 Turkey Club with Pan Fries  Turkey, tomato, onion, lettuce, bacon, Swiss cheese on toasted white bread. Served with mandarin oranges
Calories 687 | Sodium 950 mg | Carbs 92 gm | Total Fat 17gm

Please remember: tip is not included
Meals are valued at $13.00