

DINE OUT CLUB MENU



Hours

Monday & Tuesday
7:00AM – 2:00PM

124 South River Road
Bedford, NH 03110
www.PurpleFinchCafe.com



MEALS on WHEELS HILLSBOROUGH COUNTY

For more information on how Meals on Wheels serves our community, please visit: hcmow.org or scan QR code

- Home Delivery
- Community Dining
- Activities & Special Events
- Volunteer Opportunities
- Nutrition Education



You can donate directly to Meals on Wheels through our donation boxes in our Dine Out Club restaurants or checks may be mailed to:
46 Milford St. Manchester, NH | 603-424-9967

- *Nutrient totals are approximate and do not include personal choice items like butter, condiments, or dressing.*
- *Product and recipes may change without notice. Ask your server for a detailed nutrient menu.*
- *A Meals on Wheels nutritionist is available to address inquiries.*
- *You may take leftovers, but takeout is not allowed.*

All meals served with:
1) Iced tea, hot tea, iced coffee, or hot coffee, 2) Yogurt or milk, 3) Fruit salad

Breakfast

#1 The Chickadee

2 eggs cooked to your liking, hash browns, served with a side of house-made chorizo baked beans and a slice of multigrain bread.

Nutrient Average: Calories 672, Sodium 874mg, Carbs 90g

#2 Mediterranean Scrambler

A three egg scrambler featuring grilled spinach, tomatoes, roasted red peppers, black olives & feta cheese, served with a side of house-made chorizo baked beans and a slice of multigrain bread.

Nutrient Average: Calories 684, Sodium 643mg, Carbs 78g

#3 Cali-Benny

Two poached eggs over smashed avocado & sliced seared tomato, stacked on a grilled english muffin finished with hollandaise sauce, served with a side of house-made chorizo baked beans.

Nutrient Average: Calories 647, Sodium 812mg, Carbs 81g

Please remember: Tip for the restaurant is not included. Meals are valued at \$12.00

Lunch

#4 Best of Both Worlds

Half deli sandwich with chicken salad or tuna salad on toasted multigrain bread with, lettuce & tomato. Served with the soup of the day.

Nutrient Average: Calories 680, Sodium 1047mg, Carbs 81g

#5 Finch's Fire & Field

House-made chili served with a garden salad; cucumber, tomato, onion, croutons, and slice of multigrain bread.

Nutrient Average: Calories 667, Sodium 615mg, Carbs 93g

*Condiments and dressings are served on the side and are a personal choice item. Any personal choice item added may increase the sodium, fat, and calories of the meal exceeding the recommended amount.

Substitutions are not permitted. You may order off of the regular menu at your own expense.

Like the Dine Out Club? Consider making a donation. Every \$5 raised covers the cost of 1 meal.

You can donate on our website or any dining location.