#1 **Steak & Cheese** Peppers, onions and Swiss cheese. Served with baked potato & fruit salad
Calories 770 | Sodium 517 mg | Carbs 114 gm

#2 **Chicken Pot Pie** with carrots, peas & potatoes. Served with cranberry sauce, wheat bread/toast & milk
Calories 736 | Sodium 630 mg | Carbs 109 gm

#3 **Stuffed Pepper** Served with carrots, fruit salad, wheat bread/toast & milk
Calories 732 | Sodium 631 mg | Carbs 85gm

#4 **Liver & Onions** Served with rice, baked beans, fruit salad & milk
Calories 887 | Sodium 736 mg | Carbs 125gm

#5 **American Chop Suey** Served with carrots, fruit salad, wheat bread/toast & milk
Calories 880 | Sodium 772 mg | Carbs 115 gm

#6 **Grilled Chicken Wrap** with cheese, lettuce and tomato. Served with baked potato, and fruit salad
Calories 773 | Sodium 778 mg | Carbs 106 gm

#7 **Baked Haddock** Served with baked potato, carrots, fruit salad, wheat bread/toast & milk
Calories 698 | Sodium 804 mg | Carbs 106 gm

#8 **Shepherd’s Pie** Ground beef, creamed corn & mashed potatoes. Served with fruit salad, wheat bread/toast & milk
Calories 844 | Sodium 852 mg | Carbs 106 gm

#9 **Chef Salad** Iceberg lettuce, turkey, ham, hard boiled egg, cheddar jack cheese, onion, tomato & cucumber. Oil & vinegar dressing. Served with baked potato, fruit salad & wheat bread/toast
Calories 669 | Sodium 892 mg | Carbs 88 gm

#10 **Tuna Salad Sub** with lettuce and tomato. Served with baked potato, fruit salad & milk
Calories 680 | Sodium 918 mg | Carbs 98 gm

#11 **Village Omelet** 2 large eggs, ham, green peppers, onion, spinach and cheddar jack cheese. Served with hash browns, wheat toast & orange juice
Calories 690 | Sodium 927 mg | Carbs 69 gm

#12 **Chicken Parmesan** Breaded boneless chicken with spaghetti, sauce and parmesan cheese. Served with spinach, wheat bread or toast and applesauce
Calories 675 | Sodium 1074 mg | Carbs 85 gm

◊ **Nutrient totals are approximate & do not include personal choice items. Products, recipes & nutrition info may change without notice**

◊ **mg stands for milligrams & gm stands for grams**

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

◊ **Please remember: tip is not included with the voucher**
  *Meals are valued at $13.00*

◊ **You may take leftovers, but takeout is not allowed**
For more information on how we serve our community, please visit:

www.hcmow.org

◊ Restaurant Voucher Program
◊ Meals on Wheels Home Delivery
  ◊ Community Dining
  ◊ Activities and Special Events
  ◊ Volunteering
◊ Nutrition Education
◊ Donating / Ways to Give

Donation checks may be mailed to:
Meals on Wheels of Hillsborough County
PO Box 910 / 395 DW Highway
Merrimack, NH 03054
603-424-9967

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