

RVP MENU

Meals are available Monday through Saturday
11:00AM to 4:00 PM | Served with water, tea or coffee

#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*



RESTAURANT
VOUCHER
PROGRAM
~MENU~



583 DW Highway, Merrimack, NH 03054

(603) 262-5196

Monday through Saturday

11:00AM - 4:00PM

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



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