**Dine Out Club**

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

**White Birch Eatery**

571 Mast Rd Goffstown
Mon, Wed, Thurs, Fri
7:00am - 1:00pm

(603) 836-6849 | www.whitebircheatery.com

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

**Donation checks may be mailed to:**

Meals on Wheels Administrative Office
395 DW Highway, PO Box 910
Merrimack, NH 03054 | 603-424-9967
#1 THE BABY BEAR
Two eggs, hash browns, bacon, baked beans, wheat toast, served with 1% milk and your choice of fruit salad, sunrise smoothie or green smoothie.

- **Fruit Salad**: calories 703 | sodium 883mg | carbs 95gm
- **Sunrise Smoothie**: calories 720 | sodium 875mg | carbs 97gm
- **Green Smoothie**: calories 715 | sodium 943mg | carbs 93gm

#2 SCRAMBLE BOWL
Two eggs, bell peppers, mushrooms, onions, spinach, cheddar cheese over roasted potatoes, baked beans, served with 1% milk and your choice of fruit salad, sunrise smoothie or green smoothie.

- **Fruit Salad**: calories 712 | sodium 812mg | carbs 104gm
- **Sunrise Smoothie**: calories 729 | sodium 805mg | carbs 105gm
- **Green Smoothie**: calories 724 | sodium 874mg | carbs 102gm

#3 VEGGIE BREAKFAST BURRITO
Two scrambled eggs, onion, bell peppers, mushrooms, tomatoes and cheddar cheese in a white tortilla, fruit salad.

- **Fruit Salad**: calories 742 | sodium 986mg | carbs 102gm

#4 OATS & EGGS
Steel cut oatmeal, scrambled eggs with spinach & chicken sausage. Served with 1% milk and your choice of fruit salad, sunrise smoothie or green smoothie.

- **Fruit Salad**: calories 819 | sodium 761mg | carbs 98gm
- **Sunrise Smoothie**: calories 836 | sodium 754mg | carbs 99gm
- **Green Smoothie**: calories 831 | sodium 823mg | carbs 96gm

#5 GRILLED CHICKEN SALAD
Mixed greens, chicken, cucumber, tomatoes, hard boiled egg, avocado, cheddar cheese, bacon, wheat bread. Served with your choice of fruit salad, sunrise smoothie or green smoothie.

- **Fruit Salad**: calories 676 | sodium 753mg | carbs 63gm
- **Sunrise Smoothie**: calories 693 | sodium 745mg | carbs 65gm
- **Green Smoothie**: calories 688 | sodium 814mg | carbs 62gm

#6 CHICKEN SALAD SANDWICH
Roast chicken, mayonnaise, dried craisins, celery, tomato, lettuce served on texas toast, served with 1% milk and your choice of fruit salad, sunrise smoothie or green smoothie.

- **Fruit Salad**: calories 751 | sodium 815mg | carbs 81gm
- **Sunrise Smoothie**: calories 768 | sodium 807mg | carbs 81gm
- **Green Smoothie**: calories 763 | sodium 876mg | carbs 78gm

#7 SOUP & SANDWICH COMBO
Served with 1% milk and your choice of fruit salad or sunrise smoothie.

<table>
<thead>
<tr>
<th>Cup of Soup:</th>
<th>Chicken, Vegetable &amp; Rice</th>
<th>Butternut Squash Apple</th>
<th>Pumpkin Bisque</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 Sandwich</td>
<td>With lettuce &amp; tomato on wheat bread: Chicken Salad or Turkey &amp; Avocado</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Nutrient ranges for combo: calories 566-716
- Sodium: 848mg - 1079mg
- Carbs: 66gm - 89gm

- Please remember: tip is not included
- You may take leftovers, but takeout is not allowed
- Substitutions are not allowed. 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 and condiments. Nutrition info may change without notice
◊ mg denotes milligrams & gm denotes grams