


May 2016

# MENU

Under 60: \$6.00 Charge  
 60 and Over: \$2.00 Donation  
 Menu subject to change without notice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Chicken Stew Corn Muffin Broccoli Fruited Pudding**	<b>3</b> BBQ Pork Riblets Scalloped Potatoes Corn Cereal Bar**	<b>4</b> Spaghetti & Meatballs in sauce Carrots, Garlic Bread Peaches	<b>5</b> <b>Cinco de Mayo</b> <b>Community Dining</b> Chili & Taco Salad  w/all the Fix'ns <b>MOW</b> – Spanish Rice Garden Blend Vegetables Baked fruit Mix, Jello**	<b>6</b> <b>Mothers Day Brunch</b> <b>Meals on Wheels Fundraiser</b> Quiche, Home Fries, Fresh Fruit Cup, Juice
<b>9</b> Meatloaf w/ Gravy Sweet Potatoes Scandinavian Blend veg. Oatmeal Cookie**	<b>10</b> Hot Dog Brown Bread-mow Roll-cong Baked Beans Cole Slaw, Hot Apple Crisp	<b>11</b> Baked Ham w/Pineapple Sauce, L.S Chicken Breast Gravy Red Bliss Mashed Potatoes Spinach, Pudding**	<b>12</b> Veal Parmesan w/Sauce & Cheese Broccoli Noodles w/Sauce Orange	<b>13</b>
<b>16</b> Creamed Hamburger over Mashed Potato, Carrots Roll, Pudding**	<b>17</b> BBQ Chicken Breast Western Scalloped Potato Peas, Oatmeal Raisin Cookie**	<b>18</b> Stuffed Manicotti w/ 1Vegetable Sauce Green & Wax Beans Bread, Orange	<b>19</b> Pork Roast, Gravy Mashed Potatoes Spinach Gingerbread * *	<b>20</b> <b>Community Dining Brunch</b> V-8 Juice, French Toast casserole, Syrup, Sausage, fruit Cup
<b>23</b> Brunswick Stew Biscuit Peas Fruit Cup	<b>24</b> Chicken , Chinese Rice , Fancy Chinese Vegetables , Pineapple Rings , Fortune Cookie*	<b>25</b> American Chop Suey Bread Green Beans Fruit Cup	<b>26</b> <b>Memorial Day</b> <b>Summer Lunch</b> Sliced Turkey  Macaroni Salad Pickled Beets, Fruit	<b>27</b>
<b>30</b> <b>Closed</b>  Memorial Day	<b>31</b> Swedish Meatballs Whipped Potatoes Mixed vegetables Graham Cracker Pudding**		<b>National Older Americans Month</b>	

\*Lower Sodium Meal

\*\*Diet Substitute

*Each meal provides one third of the USDA required daily allowance of nutrients.*

Please contact your nearest site location for more information regarding midday meal schedules and Meals-on-Wheels programs:

Alton ..... 875-7102  
 Belmont..... 267-9867  
 Concord M.O.W..... 225-9092  
 Horseshoe Pond Place..... 228-6956

Tilton.....527-8291  
 Laconia ..... 524-7689  
 Mountain View ..... 938-2104

Pittsfield.....435-8482  
 Suncook.....485-4254  
 TRIP (Franklin) .....934-4151