

Strafford Nutrition Meals on Wheels - Administration Office (603) 692-4211

Menu subject to change.

**April 2024**

Suggested Donation \$3.00 per meal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 <b>BBQ Chicken w/Peppers</b> Brussels Sprouts Creamed Corn Whole Wheat Bread Pudding</p>	<p>2 <b>Cheeseburger Macaroni</b> 5 Way Vegetables Whole Wheat Roll Applesauce</p>	<p>No deliveries on Wednesdays.  A chilled meal for Wednesday will be provided with your Tuesday delivery.</p>	<p>4 <b>Sweet &amp; Sour Pork Loin</b> Rice Pilaf Peas Rye Bread Brownie</p>	<p>5 <b>Hot Dogs w/Mustard &amp; Relish</b> Homestyle Potatoes Green Beans Hot Dog Roll Seasonal Fruit</p>
<p>8 <b>Sweet Italian Sausage w/Peppers</b> Pasta Rutabaga Whole Wheat Bread Cookie</p>	<p>9 <b>Spaghetti &amp; Meatballs w/Marinara</b> Carrots Whole Wheat Bread Jello</p>		<p>11 <i>Spring Special</i> <b>Vegetable Quiche</b> Roasted Red Bliss Potatoes Summer Squash w/Herbs Snowflake Roll Spiced Honey Cake</p>	<p>12 <b>Rib-A-Que</b> Baby Bakers California Blend Veggies Whole Wheat Apricots</p>
<p>15 <b>Chicken Normandy</b> Yams Green Beans Whole Wheat Bread Oatmeal Bar</p>	<p>16 <b>Baked Ham w/Pineapple Sauce</b> Scalloped Potatoes Brussels Sprouts Corn Bread Birthday Cake</p>		<p>18 <b>Turkey Stew</b> Whipped Potatoes Whole Wheat Bread Chocolate Chip Cookie</p>	<p>19 <b>Cheeseburger</b> Baked Beans Capri Blend Vegetables Hamburger Bun Apple</p>
<p>22 <b>Turkey Chili</b> Red Beans &amp; Rice California Blend Veggies Corn Bread Pudding</p>	<p>23 <b>Smothered Chicken w/Cheddar, Onion, &amp; Peppers</b> Black Beans &amp; Corn Bean Blend Vegetables Whole Wheat Bread Cookie</p>		<p>25 <b>Herb Crusted Roast Pork Loin w/Gravy</b> Wild Rice Beets Whole Wheat Bread Orange</p>	<p>26 <b>Chicken Salad w/Craisins &amp; Walnuts</b> Cole Slaw 3 Bean Salad Multigrain Bread Pineapple</p>
<p>29 <b>Kielbasa w/Peppers &amp; Onions</b> Orzo Green Beans Wheat Bread Seasonal Fruit</p>	<p>30 <b>Chicken Ala King</b> Parslied Rice 5 way Vegetables Biscuit Oatmeal Bar</p>		<p>2 <b>Pulled Pork</b> Baked Beans Diced Carrots Dinner Roll Mixed Berry Crisp w/Topping</p>	<p>3 <b>Mediterranean Baked Fish</b> Sweet Potatoes Bean Medley Whole Wheat Bread Cookie</p>