



December 2018

♥ Lower Sodium Option

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Turkey Chili Confetti Brown Rice Green Beans Corn Bread Diced Pears	4 #1 Breaded Chicken Patty Roasted Potatoes Herb Buttered Carrots Whole Wheat Bun Raspberry Square #2 Beef Patty	 ← → No deliveries on Wednesdays. Please use the frozen meal provided on Tuesday. ← →	6 Meatball Parmesan Grinder w/Marinara Broccoli & Cauliflower Grinder Roll Peach Crisp	7 #1 Macaroni & Cheese Stewed Tomatoes Peas & Carrots Flax Seed Roll Jello w/Topping #2 Fish Filet w/Tartar Sauce
10 Pulled BBQ Pork Baked Beans Corn Hamburger Bun Fruit Cocktail	11 #1 Chicken Marsala Mashed Potatoes Brussels Sprouts Natural Grain Bread Brownie #2 Liver & Onions w/ Gravy		13 <i>Holiday Special</i> Pot Roast w/Gravy Au Gratin Potatoes California Blend Vegetables Snowflake Roll Chocolate Chip- Bread Pudding 	14 #1 Meatloaf w/Gravy Rice Broccoli w/Cheese Sauce Oatmeal Bread Pear #2 Tomato, Spinach, Onion Frittata
17 Manicotti w/Meat Marinara Sauce Cannellini Beans Mixed Vegetables Garlic Roll Chocolate Pudding w/ Topping	18 #1 Baked Basil Chicken Baked Beans Carrots Multigrain Bread Double Chocolate Cookie #2 Ham Steak w/ Pineapple Sauce		20 Sliced Pork Loin w/Gravy Mashed Potato Diced Butternut Squash Flax Seed Roll Birthday Cake 	21 #1 Turkey Noodle Casserole Beets Peas Zucchini Bread Bread Pudding w/Topping #2 Tuna Noodle Casserole
24 Marinated Turkey Tenderloin w/Gravy Mashed Sweet Potatoes Green Beans Multigrain Bread Sugar Cookie	25 Closed in Celebration of Christmas 		27 Shepherd's Pie Mixed Vegetables Rye Roll Cherry Cobbler w/Topping	28 #1 Chicken Picatta Confetti Rice Garlic Spinach Corn Whole Wheat Roll Mandarin Oranges #2 Fish Picatta



It is that time of year again, when we are sending out our annual appeal seeking donation from the residents of Strafford County. Donations recieved from this effort will be used to help provide Meals on Wheels for the coming year. Please encourage your family, friends, neighbors to help support this agency, together we can make a difference for others. **No matter the size, every donation helps!**

Donations can be mailed to: SNMOW - 25 Bartlett Ave., Ste A - Somersworth, NH 03878

Menu Subject to Change

Suggested Donation **\$3.00** per Meal

NAME: _____

Driver: _____