





October 2025

Strafford Nutrition Meals on Wheels (603) 692-4211



**Menu is subject to change*

Suggested Donation \$3.00 per meal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 Greek Chicken Casserole Orzo Vegetable Medley Whole Wheat Roll Oatmeal Cream Pie	7 Ham w/ Pineapple Glaze Peas & Carrots Yams Whole Wheat Roll Fudge Round	 No deliveries on Wednesdays. A chilled meal for Wednesday will be provided with your Tuesday delivery.	9 Meatball Stew Diced Potatoes Broccoli & Cauliflower Multigrain Bread Cookie	10 Turkey Noodle Casserole Macaroni Mixed Vegetable Biscuit Warmed Peaches
13 Closed <i>Labor Day Holiday</i>	14 Sloppy Joes w/ Diced Onion Vegetable Rice Carrots Hamburger Roll Jello		16 Roasted Pork Loin BBQ Baked Beans Mixed Vegetables Biscuit Peaches	17 Cheeseburger Potato Barrels Broccoli Hamburger Bun Brownie
20 Chicken Cacciatore Penne Pasta Brussels Sprouts Whole Wheat Bread Orange	21 Shepherd's Pie Carrots Whole Wheat Roll Cookie		23 Chili Mac Elbow Pasta Root Vegetables Whole Wheat Roll Fruit	24 Fish Sticks & Tartar Roasted Potatoes Spinach Dinner Roll Sugar Cookie
27 Meatloaf w/ Gravy Mashed Potatoes Key Largo Blend Vegetables Whole Wheat Bread Banana	28 Ham in Raisin Sauce Scalloped Potatoes Squash Whole Wheat Bread Cookie		30 Apple Cider Braised Pulled Pork Yams Broccoli & Cauliflower Corn Bread Birthday Cake	31 Hot Dog w/ Mustard & Relish Baked Beans Carrots Hot Dog Roll Pudding



Halloween is October 31

Why didn't the skeleton go to the party? Because he had no body to go with.