



June 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
2 Stuffed Cabbage Casserole Green Beans Whole Wheat Bread Warmed Peaches	3 Chicken & Orzo Salad Chilled Roasted Vegetables Potato Salad Diced Pears Whole Wheat Bread	No deliveries on Wednesdays. A chilled meal for Wednesday will be provided with your Tuesday delivery.	5 Chicken Ala King Seasoned Rice Carrots Biscuit Orange	6 Crab Cakes Rice Pilaf Bean Medley Whole Wheat Bread Banana
9 Chicken Scampi Pasta Bean Medley Whole Wheat Bread Fruit Cup	10 American Chop Suey Mixed 4 Way Vegeetables Diced Peaches Dinner Roll Cookie		12 Father's Day Special Chefs Salad with Turkey & Ham Greek Pasta Salad Cole Slaw Choocolate Pudding Whole Wheat Bread x 2	13 BBQ Kielbasa Chive Mashed Potatoes Spinach Cornbread Cookie
16 Lasagna w/ Marinara Sauce Mixed Vegetables Whole Wheat Bread Applesauce	17 Shredded BBQ Beef Creamed Corn Key Largo Blend Vegetables Biscuit Birthday Cake		19 Closed Juneteenth	20 Cheeseburgers Baked Beans Corn and Red Peppers Hamburger Roll Diced Pears
23 Ham & Raisin Sauce Yams Cauliflower Whole Wheat Bread Fudge Round	24 Cranberry Walnut Chicken Salad Macaroni Salad 3 Bean Salad Sandwich Roll Orange		26 French Toast Sticks Turkey Sausage Potato Tots Applesauce	27 Fish Sticks Mashed Potatoes Spinach Tartar Sauce Cookie
30 BBQ Chicken w/ Peppers & Onions Roasted Potatoes 4 Way Mixed Vegetables Oatmeal Bar Rye Bread	1 Swedish Meatballs Shells Broccoli Warmed Applesauce Whole Wheat Bread		3 Turkey Stew Creamed Corn Brussels Sprouts Chocolate Cake Flour Tortilla	4 Closed Happy 4th of July



June is Men's Health Month

Many chronic illnesses can be prevented with healthy lifestyle choice and detected early with regular screenings & check-ups.