



May 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
28 BBQ Chicken w Peppers Brussels Sprouts Creamed Corn Whole Wheat Bread Cookie	29 Cheeseburger Macaroni 5 Way Vegetables Whole Wheat Roll Seasonal Fruit	No deliveries on Wednesdays. A chilled meal for Wednesday will be provided with your Tuesday delivery.	1 Sweet & Sour Pork Loin Rice Pilaf Spinach Rye Bread Banana	2 Baked Mediterranean Fish Ritz Cracker Topping Seasoned Rice Pilaf Carrots Fruit Crisp Dinner Roll
5 Chicken Parmesan Tomato Sauce Shells Broccoli Wheat Roll Banana	6 Meatball Stew Roasted Red Potatoes Brussels Sprouts Whole Wheat Bread Mixed Fruit		8 Mother's Day Special Stuffed Chicken Cordon Bleu Sweet Mashed Potatoes Roasted Vegetables Strawberry Shortcake w/ Biscuit	9 Hot Dogs Potato Tots Green Beans Whole Wheat Bread Fruit
12 Sweet Italian Sausage w/ Peppers & Onions Buttered Elbow Macaroni Rutabaga Whole Wheat Bread Cookie	13 Spaghetti & Meatballs Marinara Sauce Carrots Whole Wheat Bread Orange		15 Lasagna w/ Meatballs Spinach Snowflake Roll Cinnamon Applesauce	16 Rib-a-Que Baby Bakers California Blend Veggies Whole Wheat Bread Banan Pudding
19 Chicken Normandy Yams Green Beans Whole Wheat Bread Oatmeal Bar	20 Baked Ham w/ Pineapple Sauce Scalloped Potatoes Brussels Sprouts Rye Bread Cookie		22 Sweet & Sour Meatballs Potato Barrels Peas & Carrots Whole Wheat Bread Chocolate Chip Cookie	23 Cheeseburger Baked Beans Key Largo Blend Vegetables Hamburger Bun Apple Slices
26 <i>Closed</i> <i>Memorial Day</i>	27 Smothered Chicken Cheese, Pepper, Onion Red Potatoes Bean Blend Whole Wheat Bread Fudge Round		29 Herb Crusted Roast Pork Loin Wild Rice Green Beans Whole Wheat Roll Carrot Cake	30 Chicken Salad w/ Craisins & Walnuts Cole Slaw 3 Bean Salad Multigrain Bread Pineapple

May is Healthy Vision Month



The American Academy of Ophthalmology shares some foods that are believed to promote eye health and vision. These include foods high in Vitamin C (oranges, grapefruit, tomatoes, red and green peppers), Vitamin E (almonds, olive oil, avocados), Omega 3 and Omega 6 (oily fish such as salmon, trout, sardines) as well as legumes and leafy green vegetables. See your eye doctor to learn more about your eye health.