



August 2026

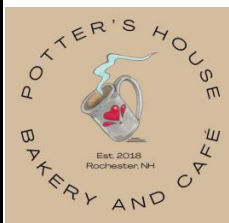
Strafford Nutrition Meals on Wheels (603) 692-4211



**Menu is subject to change*

Suggested Donation \$3.00 per meal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Ham w/ Raisin Sauce Mashed Sweet Potato Cauliflower Biscuit Fudge Round	4 Cran Walnut Chicken Salad Potato Salad 3 Bean Salad Sandwich Roll Orange	No deliveries on Wednesdays. A chilled meal for Wednesday will be provided with your Tuesday delivery.	6 Manicotti w/ Marinara Sauce 5 Way Vegetable Blend Whole Wheat Bread Apple Slices	7 Hot Dog Mustard & Relish Macaroni Salad Carrots Hot Dog Roll Pineapple
10 Stuffed Pepper Casserole Green Beans Whole Wheat Bread Warm Peaches	11 Macaroni & Cheese Stewed Tomatoes Spinach White Bread Apricots		13 Filet O Fish Sandwich American Cheese Baby Bakers Bean Medley Hamburger Roll Fresh Fruit	14 Seafood Salad w/ Baby Shrimp 3 Bean Salad Pea Salad Whole Wheat Roll Apricots
17 Chicken & Sausage Gumbo Rice Green Beans Whole Wheat Bread Peaches	18 American Chop Suey Mixed Vegetables Diced Peaches Dinner Roll Cookie		20 Chef Salad w/ Turkey & Swiss Lettuce, Tomato, Carrots 3 Bean Salad Whole Wheat Bread Birthday Cake	21 * Operation Birthday Surprise BBQ Kielbasa Chive Mashed Potatoes Spinach Corn Bread Oatmeal Raisin Cookie
24 Oven Fried Chicken Mixed Vegetables Potato Cake Whole Wheat Bread Applesauce	25 Shepherd's Pie Mashed Potatoes Carrots Whole Wheat Bread Brownie		27 Meatloaf w/ Gravy Sweet Mashed Potatoes Peas Whole Wheat Bread Fudge Round	28 Cheeseburger Baked Beans Corn & Red Peppers Hamburger Roll Diced Pears



New Program Alert! Operation Birthday Surprise is Generously Sponsored by Potter's House Bakery

If you have a birthday this month, we will deliver a special surprise on Friday, August 21st. See back for details.

We are so excited to announce a few new services and programs that we have designed with YOU in mind

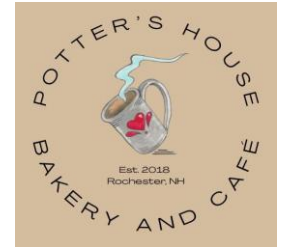


Coming August 21st, we will be offering a birthday surprise for all our clients on the month of their birthday.

This delivery will take place on the 3rd Friday of the month on your birthday month.

Proudly sponsored by our generous partner, Potter's House Bakery, these deliveries may be made by a volunteer. So, please keep in mind you may have an extra delivery that day by someone other than your normal driver! For more information on Potter's House Bakery, please visit www.pottershousebakeryandcafe.com

We are also launching a new program called "Friendly Visitors" to help decrease loneliness and isolation among our clients. A volunteer-led program, Friendly Visitors will be paired with clients based on mutual interests and personality traits. If you are interested in receiving visits from a Friendly Visitor, please contact our office at 603-692-4211. If you know someone who would like to volunteer, please have them call our office as well.



If you would like information about Friendly Visitors or Operation Birthday Surprise, please call our office at 603-692-4211 or visit us online at www.straffordmealsonwheels.org

