



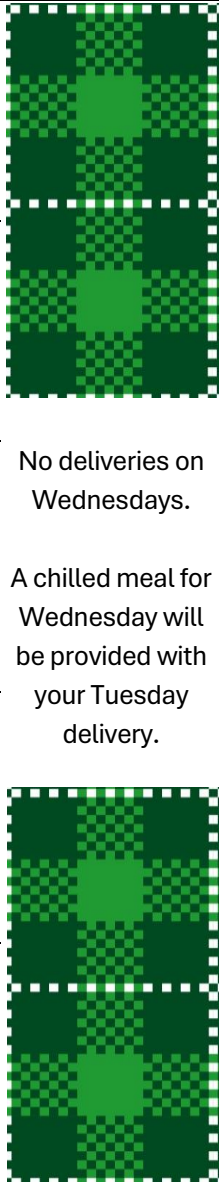
March 2026



Strafford Nutrition Meals on Wheels (603) 692-4211

**Menu is subject to change*

Suggested Donation \$3.00 per meal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
2 Chicken Ala King w/ Mushrooms Red Roasted Potatoes Peas & Pearl Onions Whole Wheat Bread Cookie	3 BBQ Meatballs w/ Peppers & Onions 5 Way Veggies w/ Lima Beans Parlslied Rice Whole Wheat Bread Mandarin Oranges		5 Sweet & Sour Pork w/ Gravy Sweet Mashed Potatoes Carrot & Rutabaga Blend Whole Wheat Bread Cookie	6 Fish Filet Sandwich American Cheese & Tartar Rice Pilaf Green Beans Whole Wheat Bread Fruit Cup	
9 Chicken Florentine Parm/Spinach Cream Sauce Broccoli Long Grain Rice Whole Wheat Bread x 2 Banana	10 Baked Ricotta w/ Penne Meat Sauce Carrots Whole Wheat Bread Tropical Mixed Fruit		12 Turkey Chili Rice & Beans 4 Way Veggies Cornbread Applesauce Cake	13 Riblets Baked Beans Broccoli & Cauliflower Hamburger Bun Pears	
16 Polynesian Chicken Vegetable Rice Bean Medley Whole Wheat Roll Jello	17 Corned Beef & Cabbage Rutabaga & Carrots Red Roasted Potatoes Rye Bread Chocolate Mint Cake		No deliveries on Wednesdays. A chilled meal for Wednesday will be provided with your Tuesday delivery.	19 Chicken Tenders Potato Barrels Succotash Sweet & Sour Sauce Whole Wheat Bread Birthday Cake	20 Baked Mediterranean Fish Ritz Cracker Topping Seasoned Rice Pilaf Carrots Dinner Roll Fruit Crisp
23 Macaroni & Cheese w/ Hot Dogs Stewed Tomatoes Bean Blend Whole Wheat Bread Fruit	24 Meatloaf w/ Gravy Mashed Potatoes Broccoli Peas & Pearl Onions Cornbread Cookie		26 BBQ Pulled Pork Baked Beans Peas & Pearl Onions Multigrain Bread Brownie	27 Tomato & Cheddar Frittata Ham Slice Potato Barrels Spinach Multigrain Bread Cookie	
29 BBQ Chicken w/ Peppers & Onions 4 Way Mixed Vegetables Roasted Potatoes Rye Bread Oatmeal Bar	30 Baked Ham w/ Rasin Sauce Sweet Potatoes Peas Whole Wheat Bread Cookie		1 Turkey Casserole Creamed Corn Brussels Sprouts Flour Tortilla Chocolate Cake	2 Hot Dogs w/ Mustard & Relish Zucchini Baked Beans Whole Wheat Bread Cookie	

March is National Nutrition Month

The Academy of Nutrition & Dietetics suggests that eating well and being active can have dramatic effects on your energy levels and overall wellbeing. As we age, we need less calories, but it's more important than ever to focus on quality of foods over quantity. To discuss your best nutritional options, talk with your healthcare provider.