



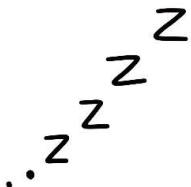
August 2025

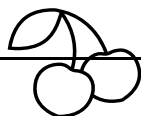
Strafford Nutrition Meals on Wheels (603) 692-4211



**Menu is subject to change*

Suggested Donation \$3.00 per meal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Ham w/ Raisin Sauce Mashed Yams Cauliflower Biscuit Fudge Round	5 Cranberry 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. 	7 Manicotti w/ Marinara 5 Way Vegetable Whole Wheat Bread Apple Slices	8 Hot Dog Mustard & Relish Macaroni Salad Carrots Hot Dog Roll Orange
11 Stuffed Pepper Cassarole Green Beans Whole Wheat Bread Warmed Peaches	12 Macaroni & Cheese Stewed Tomatoes Spinach White Bread Apricots		14 Shrimp & Seafood Salad 3 Bean Salad Broccoli Salad Whole Wheat Roll Fudge Round	15 Filet O Fish Sandwich American Cheese Baby Bakers Bean Medley Hamburger Bun Fresh Fruit
18 Chicken & Sausage Gumbo Green Beans Whole Wheat Bread Peaches	19 American Chop Suey Mixed Vegetable Blend Diced Peaches Dinner Roll Cookie		21 Chef Salad w/ Turkey & Swiss Lettuce, Tomato & Carrot 3 Bean Salad Whole Wheat Bread Birthday Cake	22 BBQ Kielbasa Chive Mashed Potatoes Spinach Cornbread Oatmeal Raisin Cookie
25 Lasagna Marinara Sauce Mixed Vegetables Whole Wheat Bread Applesauce	26 Shepherd's Pie Mashed Potatoes Carrots Whole Wheat Bread Brownie		28 Meatloaf w/ Gravy Sweet Mashed Potatoes Peas Whole Wheat Bread Fudge Round	29 Cheeseburger Baked Beans Corn & Red Pepper Pears Hamburger Roll



August is National Wellness Month

"Good Sleep supports our physical and mental health, helps us better regulate our emotions, and even boosts our memory, especially as we age." The National Council on Aging recommends these foods to help with better sleep: foods packed with magnesium, melatonin, serotonin, and tryptophan including cheese, kiwi, nuts, seeds, cherries, and turkey.