





July 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
7 Chicken & Sausage Gumbo Rice Green Beans Pudding Whole Wheat Bread	8 Ham Salad 3 Bean Salad Broccoli Salad Orange Whole Wheat Bread	No deliveries on Wednesdays. A chilled meal for Wednesday will be provided with your Tuesday delivery.	10 Sweet & Sour Pork Corn & Red Peppers Brussels Sprouts Brownie Whole Wheat Dinner Roll	11 Hot Dog Mustard & Relish Baked Beans Carrots Banana Hot Dog Roll
14 Stuffed Cabbage Cassarole Rice Brussels Sprouts Warmed Peaches Whole Wheat Bread	15 Chicken & Orzo Salad Chilled Roasted Vegetables Potato Salad Diced Pears Whole Wheat Bread		17 Chicken Ala King w/Pearl Onions & Mushrooms Carrot Rice Pilaf Banana Pudding Whole Wheat Bread	18 Fish Sticks Roasted Red Potatoes Bean Medley Cookie Whole Wheat Bread
21 Chicken Scampi Red & Green Peppers Cauliflower Steamed Rice Fruit Cup Whole Wheat Bread 	22 American Chop Suey Elbow Pasta Mixed Vegetable Blend Applesauce Dinner Roll		24 BBQ Pulled Pork w Gravy Baked Potato Sour Cream Peas & Carrots Watermelon Hamburger Roll	25 Kielbasa w/ Peppers & Onions Creamed Corn Spinach Cookie Cornbread 
28 Lasagna Marinara Sauce Diced Rutabaga Beets Applesauce Whole Wheat Bread	29 BBQ Shredded Beef Baked Beans Key Largo Blend Vegetable Birthday Cake Biscuit		31 Chicken Salad Green Leaf Lettuce Vegetable Rice Salad Carrot Raisin Salad Cookie Sandwich Roll	1 Cheeseburger Baked Beans Corn & Red Pepper Pears Hamburger Roll

July 20-26th is Shark Week

Did you know that a group of sharks is called a shiver? Also, sharks have inhabited Earth longer than trees have.

