

Strafford Nutrition Meals on Wheels - Administration Office (603) 692-4211

Menu subject to change.

August 2024

Suggested Donation \$3.00 per meal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 Ham w/Raisin Sauce Yams Cauliflower Biscuit Fudge Round	30 Cranberry Walnut Chicken Salad Macaroni Salad 3 Bean Salad Sandwich Roll Orange	No deliveries on Wednesdays. A chilled meal for Wednesday will be provided with your Tuesday delivery.	1 Swedish Meatballs Seasoned Rice Broccoli Whole Wheat Bread Fruit	2 Lemon Pepper Fish Red Roasted Potatoes Peas & Carrots Whole Wheat Bread Carnival Cookie
5 Chicken & Sausage Gumbo Green Beans Rice Whole Wheat Bread Chocolate Pudding	6 Macaroni & Cheese Stewed Tomatoes Broccoli White Bread Apricots		8 <i>August Special</i> Shrimp & Seafood Salad Potato Salad Coleslaw Coney Island Roll Lemon Mousse w/Topping	9 Hot Dog w/Mustard & Relish Macaroni Salad Carrots Hot Dog Roll Orange
12 Stuffed Cabbage Casserole Green Beans Whole Wheat Bread Peaches	13 Chicken & Orzo Salad Roasted Vegetables Salad Pea & Cheese Salad Wheat Bread Diced Pears		15 Chicken Ala King Seasoned Rice Spinach Biscuit Cookie	16 Filet O'Fish Sandwich w/ American Cheese Baby Bakers Bean Medley Hamburger Bun Fresh Fruit
19 Chicken Scampi Pasta Carrots Whole Wheat Bread Pineapple	20 American Chop Suey Mixed Vegetables Diced Peaches Dinner Roll Cookie		22 Chef Salad w/Turkey & Swiss Lettuce, Tomato, & Carrot 3 Bean Salad Whole Wheat Bread Birthday Cake	23 BBQ Kielbasa Chive Mashed Potatoes Spinach Cornbread Oatmeal Raisin Cookie
26 Lasagna w/Marinara Mixed Vegetables Whole Wheat Bread Brownie	27 BBQ Shredded Beef Creamed Corn Brussel Sprouts Biscuit Applesauce		29 Shepard Pie w/Gravy Mashed Potatoes Carrot Whole Wheat Bread Chocolate Cake	30 Cheeseburger Baked Beans Corn w/Red Pepper Whole Wheat Burger Roll Diced Pears