

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

Menu subject to change.

**July 2024**

Suggested Donation \$3.00 per meal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p><b>Chicken &amp; Sausage Gumbo</b> Green Beans Whole Wheat Bread Chocolate Pudding</p>	<p>2</p> <p><b>Tuna Salad w/Lettuce Leaf</b> 3 Bean Salad Broccoli Salad Whole Wheat Bread Orange</p>	<p align="center">No deliveries on Wednesdays.  A chilled meal for Wednesday will be provided with your Tuesday delivery.</p>	<p>4</p> <p align="center"><b>Closed</b> Happy 4th of July</p>	<p>5</p> <p><b>Hot Dog w/Mustard &amp; Relish</b> Macaroni Salad Carrots Hot Dog Roll Fudge Round</p>
<p>8</p> <p><b>Stuffed Cabbage Casserole</b> Green Beans Whole Wheat Bread Peaches</p>	<p>9</p> <p><b>Chicken &amp; Orzo Salad</b> Chilled Roasted Vegetables Potato Salad Wheat Bread Diced Pears</p>		<p>11</p> <p><b>Chicken Ala King</b> Seasoned Rice Carrots Biscuit Banana</p>	<p>12</p> <p><b>Crab Cakes</b> Rice Pilaf Bean Medley Wheat Bread Pudding</p>
<p>15</p> <p><b>Chicken Scampi</b> Pasta Bean Medley Whole Wheat Bread Fruit Cup</p>	<p>16</p> <p><b>American Chop Suey</b> Mixed Vegetables Diced Peaches Dinner Roll Cookie</p>		<p>18</p> <p align="center">July Special <b>Pulled Pork</b> Baked Potato w/Sour Cream Broccoli Salad Bulky Roll Watermelon</p>	<p>19</p> <p><b>BBQ Kielbasa</b> Chive Mashed Potatoes Spinach Cornbread Cookie</p>
<p>22</p> <p><b>Lasagna w/Marinara</b> Mixed Vegetables Whole Wheat Bread Applesauce</p>	<p>23</p> <p><b>BBQ Shredded Beef</b> Creamed Corn Key Largo Blend Vegetables Biscuit Birthday Cake</p>		<p>25</p> <p><b>Chicken Salad w/Greenleaf</b> Vegetable Rice Salad Carrot Raisin Salad Sandwich Roll Cookie</p>	<p>26</p> <p><b>Cheeseburger</b> Baked Beans Corn w/Red Pepper Whole Wheat Burger Roll Diced Pears</p>
<p>29</p> <p><b>Ham w/Raisin Sauce</b> Yams Cauliflower Biscuit Fudge Round</p>	<p>30</p> <p><b>Cranberry Walnut Chicken Salad</b> Macaroni Salad 3 Bean Salad Sandwich Roll Orange</p>		<p>2</p> <p><b>Swedish Meatballs</b> Seasoned Rice Broccoli Whole Wheat Bread Fruit</p>	<p>3</p> <p><b>Lemon Pepper Fish</b> Red Roasted Potatoes Peas &amp; Carrots Whole Wheat Bread Carnival Cookie</p>