



September 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
1 Closed <i>Labor Day Holiday</i>	2 Greek Chicken Casserole Rice Pilaf Key Largo Vegetable Medley Whole Wheat Roll Orange	No deliveries on Wednesdays. A chilled meal for Wednesday will be provided with your Tuesday delivery.	4 Sloppy Joe's Mashed Potatoes Broccoli & Cauliflower Multigrain Bread Cookies	5 Turkey Noodle Casserole Macaroni Mixed Vegetables Biscuit Peaches
8 Stuffed Pepper Casserole White Rice Carrots Whole Wheat Roll Pineapple	9 Fish Sticks Red Potatoes Green Beans Whole Wheat Roll Cookie		11 Roasted Pork Loin BBQ Baked Beans Mixed Vegetables Biscuit Cookies	12 Cheeseburger Potato Barrels Broccoli Hamburger Bun Brownie
15 Chicken Marsala w/ Mushrooms Pasta Brussels Sprouts Whole Wheat Bread Orange	16 Shepherd's Pie Carrots Whole Wheat Roll Fruit Crisp		18 Turkey Ala King Peas & Mushrooms Roasted Potatoes Diced Beets Biscuit Cake	19 Mediterranean Baked Fish Mashed Potatoes Creamed Spinach Dinner Roll Sugar Cookie
22 Kielbasa Braised Cabbage Peppers & Onions Rice Whole Wheat Roll Banana	23 Ham in Raisin Sauce Scalloped Potatoes Squash Whole Wheat Bread Cookie		25 Pulled Pork W/ BBQ Sauce Yams Root Vegetables Corn Bread Brownie	26 Hot Dog w/ Mustard & Relish Baked Beans Carrots Hot Dog Roll Pudding
29 Penne & Meatballs Mixed Vegetables Dinner Roll Orange	30 Turkey Chili w/ Cheese Red Beans & Rice Corn & Red Peppers Whole Wheat Roll Pineapple		2 American Chop Suey Brussels Sprouts Parmesan Cheese Whole Wheat Roll Jello	3 Potato Crusted Fish Sweet Potatoes Vegetable Medley Whole Wheat Bread Cookie

September is Healthy Aging Month

The US Department of Health and Human Services (HHS) suggests that physical activity can help you stay healthy and independent as you age. Being active can help with pain and health concerns, make it easier to do daily activities, and decrease the risk of falls. For more information and to learn how you can be more active, visit odphp.health.gov/moveyourway.