








St. Joseph Community Services, Inc. For a complete list of our Community Dining & Meals on Wheels sites, please turn page over.

LEGEND: SR = Salt Restricted, CH1 = Choice 1 meal, CH2 = Choice 2 meal

Please return menu to your driver no later than Monday, December 16, 2019

January 2020 Client Menu

Name: _____ Route #: _____

Monday	Tuesday	Wednesday	Thursday	Friday
12/30) Sloppy Joes Diced Potatoes Broccoli Whole Wheat Bun Snickerdoodle Cookie	12/31) CH1: Hamburger CH2: Grilled Chicken Baked Beans Buttered Corn Whole Wheat Hamburger Bun Fruit Cocktail 	1/1) <u>Closed in Observance of</u> <u>New Year's Day</u> <i>Holiday Frozen meal</i> <i>delivered on 12/31/2019</i> Pork Pie w/ Gravy Mashed Turnips & Carrots Green Beans Multigrain Bread Chocolate Chip Cookie	1/2) Whole Wheat Spaghetti & Meatballs w/ Marinara Sauce Sautéed Spinach Flaxseed Roll Warm Cinnamon Apples	1/3) CH1: Chicken Breast w/ Orange Glaze CH2: Crab Cake w/ Red Pepper Relish (Not for SR) Potatoes O'Brien Broccoli Whole Wheat bread Apple Crisp 
1/6) Chicken Stir Fry Over Confetti Rice Corn Flaxseed Roll Warm Berry Crisp 	1/7) CH1: American Chop Suey CH2: Spinach, Sausage, Cheese Frittata (Not for SR) Peas Snowflake Roll Warm Bread Pudding w/ Raisins	1/8) Swedish Meatballs Whole Grain Pasta Succotash Whole Grain Roll Oatmeal Raisin Cookie	1/9) Grilled Chicken Salad Pineapple Tidbits & Mandarin Oranges Cucumber & Onion Salad Whole Wheat Bun Iced Lemon Birthday Cake	1/10) CH1: Chicken Crème Rosa CH2: Fish Crème Rosa Over Brown Rice Black Beans Sautéed Carrots Honey Wheat Roll Apple
1/13) Roasted Pork Loin w/ Sliced Apple Gravy Mashed Sweet Potatoes Brussel Sprouts Multigrain Bread Vanilla Pudding	1/14) CH1: Sliced Turkey w/ Gravy CH2: Liver & Onions w/ Gravy Potatoes O'Brien English Peas Honey Wheat Roll Ambrosia	1/15) Cold Citrus Chicken Pasta Salad Carrot Raisin Salad Zucchini Bread Chocolate Chip Cookie	1/16) <u>JANUARY SPECIAL</u> Beef Stroganoff Over Whole Grain Pasta Garlic French Cut Green Beans Natural Grain Bread Apple	1/17) CH1: Chicken Picatta CH2: Fish Picatta Succotash Whole Wheat Dinner Roll Warm Pear Cranberry Crisp
1/20) <u>Closed in Observance of</u> <u>Martin Luther King Day</u> <i>Holiday Frozen Meal</i> <i>Delivered On 1/15/2020</i> Beef and Bean Pot Brown Rice Peas & Carrots Whole Wheat Bread Seasonal Fruit	1/21) CH1: Chicken Cordon Bleu (NOT for SR) CH2: Salmon w/ Dill Sauce Over Confetti Brown Rice Peas & Onions Flax Roll Warm Cinnamon Raisin Bread Pudding	1/22) Mediterranean Baked Chicken Corn & Red Peppers Natural Grain Bread Hermit Cookie	1/23) Beef Chili Over Brown Rice Green & Wax Beans Mini Corn Loaf Sliced Pears 	1/24) CH1: Grilled Chicken Breast w/ Pineapple Salsa CH2: Baked Fish w/ Pineapple Salsa (Not for SR) Diced Potatoes Spinach w/ White Beans Whole Wheat Roll Cherry Turnover
1/27) Meatloaf w/ Gravy Mashed Potatoes Corn Zucchini Bread Seasonal Fruit 	1/28) CH1: Chicken Marsala CH2: Shepherd's Pie (NOT for SR) Over Mashed Potatoes Peas Honey Wheat Roll Warm Peach Crisp	1/29) America Chop Suey Italian Herbed Green Beans Sautéed Carrots Breadstick Chocolate Chip Cookie	1/30) Roast Pork w/ Applesauce Gravy Mashed Sweet Potatoes Broccoli & Cauliflower Mix Whole Wheat Roll Chocolate Pudding w/ Whipped Topping	1/31) CH1: Chicken Parmesan (NOT for SR) CH2: Eggplant Parmesan Whole Wheat Spaghetti Corn and Lima Beans Zucchini Bread Apple

COMMUNITY DINING CENTERS & MEALS ON WHEELS

NASHUA-SENIOR ACTIVITY CENTER / SULLIVAN TERRACE COORDINATOR: STEVE PHONE: 882-2106
PELHAM-HOBBS COMMUNITY CENTER CONTACT: SUSAN PHONE: 635-3800
MANCHESTER-CARPENTER CENTER COORDINATOR: FRANK PHONE: 669-1699
MANCHESTER-WILLIAM B. CASHIN CENTER COORDINATOR: FRANK PHONE: 669-1699
MILFORD-SHARE OUTREACH COORDINATOR: CHUCK PHONE: 673-4094
GOFFSTOWN-THE MEETING HOUSE COORDINATOR: DANA PHONE: 497-4633
GREENVILLE-RONALD A. PHILBRICK HOUSING AT GREENVILLE FALLS COORDINATOR: STACEY PHONE: 878-3109
MERRIMACK- JOHN O’LEARY ADULT CENTER COORDINATOR: PATTY PHONE: 424-2100
HUDSON SENIOR CENTER COORDINATOR: BRIDGET PHONE: 578-3929
ANTRIM- FIRST PRESBYTERIAN CHURCH COORDINATOR: CHUCKIE PHONE: 546-7993
HILLSBOROUGH- SMITH MEMORIAL CONGREGATIONAL CHURCH COORDINATOR: CHUCKIE PHONE: 546-7993
HOLLIS- HOLLIS SENIORS CLUB CONTACT: DONNA PHONE: 673-6415
TRANSPORTATION FOR COMMUNITY DINING IS AVAILABLE AT: MANCHESTER CARPENTER SITE: 669-1699 MERRIMACK SITE: 424-2100 HILLSBOROUGH SITE: 546-7993

Reheat meals in the microwave oven for 1 to 2 minutes. Never reheat meals in a toaster oven.

Protein Foods

K V

S Q

M A V D

L E K B

U D P S B X

P J E O P Z

V M X W T K D Z A X Y X F Y S T A E M M

F O I X V Q H F P D N B F D G Q M I U R

T C U Q A O B N L R N E H U A L K B

P E B O X E S W B E W S B W T L

Y D C K Z T Y S P H I S N P

D C S P U S P L Q F J I

D I M G S N R F F E E B B Z

H G W G A W B S G T X L S S

C G P G E E T U R K E Y A G H H

L D V B U H P E Y C M G O Q

I P O R K W U P O U L T R Y

K Q Z L G F W W Q Y

P F B A D X C X

S O T E

BEANS

EGGS

NUTS

POULTRY

SOY

BEEF

FISH

PEAS

SEAFOOD

TURKEY

CHICKEN

MEAT

PORK

SEEDS