

Meal Delivery Times

Breakfast

7:15 - 8:30 a.m.

Lunch

11:15 a.m. - 12:30 p.m.

Supper

5:00 - 6:15 p.m.

Guest Meals

Breakfast - \$6

Lunch - \$7

Dinner - \$8

Please contact the Reception Desk at (585) 381-1600 to purchase a tray.

(Guests may choose between the featured meal or the alternate meal)



The Friendly Home Dining is proud to serve antibiotic-free poultry, cage-free eggs, free-to-roam pork, and line-caught Albacore tuna.



FRIENDLY HOME

nursing care & rehabilitation

DINING SERVICES

OUR PHILOSOPHY AND GOAL

The Friendly Home Dining and Nutrition Services department is committed to providing excellence in food preparation and delivery in accordance and compliance with food safety guidelines and optimum nutrition care.

OUR STAFF

Eugenia Capobianco CDM, CFPP – Director of Dining Services
ecapobianco@friendlyhome.org

Lisa D'Angelo – Clinical Nutrition Manager/Registered Dietitian (Memory Care and Lovejoy)
ldangelo@friendlyhome.org

Sara Chestnut – Registered Dietitian (Morgan and Lindsay)
schestnut@friendlyhome.org

Ashley Pitt – Dietetic Technician Registered (Porter and Selden)
apitt@friendlyhome.org

Our experienced clinical staff are registered by the Academy of Nutrition and Dietetics. Ensuring that science-based nutrition is provided and applied to all of our Members.

FOR YOUR INFORMATION

Our staff conducts tray assessments for accuracy, food temperature, appearance, taste, and quality.

The unit dietitian obtains a full diet history to accommodate preferences.

Our members are invited to attend monthly food council meetings to voice their opinions.

The Dining Services/Nutrition Services team welcomes your input.
All menus are subject to change without prior notice.



DAILY MENU

FOR THE WEEK OF:

October 6th-12th, 2019

Please contact the kitchen at 789-3248 with any questions or requests.



FRIENDLY HOME

BREAKFAST

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|---|--|---|--|
| Choice of Juice Cream of Wheat French Toast Strawberry Topping Sausage Links | Choice of Juice Oatmeal Scrambled Eggs O'Brien Potatoes Crispy Bacon | Choice of Juice Cream of Wheat Blueberry Pancakes Syrup Turkey Sausage | Choice of Juice Oatmeal Western Egg Bake Hash Browns | Choice of Juice Cream of Wheat Belgian Waffle Syrup Crispy Bacon | Choice of Juice Oatmeal Scrambled Eggs Home Fries Grilled Ham | Choice of Juice Oatmeal Hash Brown Casserole with Country Sausage Gravy |

Always Available Breakfast Items:

Hard Boiled Eggs, Scrambled Eggs, Cottage Cheese, Muffins (Corn, Bran, or Blueberry), Cheese or Fruit Danish, Cold Cereal Selections (Cheerios®, Raisin Bran, Rice Krispies®, Corn Flakes), Juices (Orange, Apple, Cranberry, or Tomato), Coffee and Tea, Unsweetened Tea, Milk (Whole, 2%, Skim, and Chocolate), Rotation fruit options also available

LUNCH

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|---|--|--|--|
| Mixed Green Salad Baked Honey Ham with Pineapple Chutney Au Gratin Potatoes Garden Sweet Peas Coconut Cake <u>Alternate</u> Hand Battered Chicken Strips with BBQ Sauce French Fries | Mixed Green Salad Chicken Cassolette Sautéed Zucchini Squash Dinner Roll Pineapple Ambrosia <u>Alternate</u> Grilled Ham & Cheese Tomato Soup | Mixed Green Salad Egg Salad Croissant Lettuce/Tomato/Pickle Couscous Salad Berry Parfait <u>Alternate</u> Fish Cake Couscous Salad | Mixed Green Salad Stuffed Shells Garlic Bread Broccoli & Red Peppers Carrot Cake <u>Alternate</u> Grilled Chicken Sandwich Lettuce/Tomato Pickle Broccoli & Red Peppers | **Angel Food Cake Day** Mixed Green Salad Grilled Cheese & Tomato Potato Salad Pickled Julienned Vegetables Angel Food Cake w/ Strawberries & ice cream <u>Alternate</u> French Dip with Au Jus Potato Salad Pickled Julienned Veggies | Mixed Green Salad Shepard's Pie Sautéed Spinach & Mushrooms Chocolate Cake <u>Alternate</u> Ham & Cheddar Quiche Sautéed Spinach & Mushrooms | Mixed Green Salad Chicken Parmesan Linguini Pasta Honey Roasted Beets Garlic Bread Coconut Custard <u>Alternate</u> Roast beef on Wheat Roll Mixed Green Salad w/ Dressing |

Always Available Lunch Items: (Please request alternative lunch items by 10am)

Soups: Chicken Noodle and Tomato **Salads:** Chef Salad with Choice of Dressing and Cold Plates: Cottage cheese, Egg Salad, Tuna, Ham, or Turkey **Sandwiches:** Ham, Turkey, Tuna, Egg Salad, Grilled Burger, Hot Dog, and Chicken Tenders w/ BBQ Sauce
Side Items: French Fries, Mashed Potatoes, Brown Rice, Macaroni Salad, Broccoli, Green Beans
Desserts: Cookies (Chocolate Chip, Oatmeal Raisin, and Sugar), Pudding – Sugar-Free and Regular (Chocolate and Vanilla), Jell-O – Sugar-Free and Regular, and Ice Cream (Chocolate, Vanilla, and Strawberry)
Juices: Orange, Apple, Cranberry, and Tomato **Beverages:** Coffee and Tea, Unsweetened Tea, Milk (Whole, 2%, Skim, and Chocolate)

DINNER

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|--|---|--|---|
| Chicken Noodle Soup Cheeseburger Deluxe Lettuce/Tomato/Pickle Ranch Tots Tuxedo Pudding <u>Alternate</u> Turkey Cranberry Croissant Ranch Tots | Vegetable Soup Vegetable Lasagna Garlic Bread California Blend Tiramisu <u>Alternate</u> Tuna Salad on Kaiser Roll Lettuce/Tomato/Pickle Potato Chips | Cream of Broccoli Soup Beef Stew Mashed potatoes Fresh Green Beans Lemon Meringue Pie <u>Alternate</u> Shrimp Scampi Buttered Noodles Fresh Green Beans | Beef Barley Soup Fried Chicken Sweet Potato Casserole Corn Succotash Apple Crisp <u>Alternate</u> Sloppy Joe French Fries Corn Succotash | Tomato Basil Bisque Pork Tenderloin with Peach Glaze Herb Roasted Potatoes Asparagus Red Velvet Cake <u>Alternate</u> Honey Ginger Chicken Thighs Herb Roasted Potatoes Asparagus | Split Pea & Ham Baked Lemon Pepper Haddock French Fries Creamy Coleslaw Fruit & Yogurt Parfait <u>Alternate</u> Italian Hoagie French Fries Coleslaw | Cauliflower Bisque Chicken Pot Pie Sweet Peas & Mushrooms Strawberry Shortcake <u>Alternate</u> Black Bean Burger Lettuce/Tomato/Pickle Broccoli Bites |

Always Available Dinner Items: (Please request alternative dinner items by 3:30pm)

Soups: Chicken Noodle and Tomato **Salads:** Chef Salad with Choice of Dressing and Cold Plates: Cottage cheese, Egg Salad, Tuna, Ham, or Turkey **Sandwiches:** Ham, Turkey, Tuna, Egg Salad, Grilled Burger, Hot Dog, and Chicken Tenders w/ BBQ Sauce
Side Items: French Fries, Mashed Potatoes, Baked Potato, Brown Rice, Macaroni Salad, Broccoli, Green Beans
Desserts: Cookies (Chocolate Chip, Oatmeal Raisin, and Sugar), Pudding – Sugar-Free and Regular (Chocolate and Vanilla), Jell-O – Sugar-Free and Regular, and Ice Cream (Chocolate, Vanilla, and Strawberry)
Juices: Orange, Apple, Cranberry, and Tomato **Beverages:** Coffee and Tea, Unsweetened Tea, Milk (Whole, 2%, Skim, and Chocolate)

NOTE: Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness

