

## 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 13-19, 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 Buttermilk 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  Country Sausage Gravy Hash Brown Casserole

**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), Seasonal fruit rotation also available.

## LUNCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY **Polish Day**	FRIDAY	SATURDAY
Mixed Green Salad Roast Turkey Dinner Mashed Potatoes House Made Stuffing Cranberry Sauce Cherry Pie <u>Alternate</u> Sausage & Pepper Sandwich  Waffle Fries	Mixed Green Salad Pasta & Meat Sauce Roasted Balsamic Zucchini  Garlic Bread Lemon Gelatin <u>Alternate</u> Portobello Fresh Mozzarella Sandwich  Roasted Balsamic Zucchini	Mixed Green Salad Southwest Salmon Broccoli & Carrot Medley Potato Pancake, Sour Cream and Apple Sauce Chocolate Pudding <u>Alternate</u> Chicken Caesar Salad  Breadstick	Mixed Green Salad Italian Baked Fish Rice Pilaf Green Beans Pound Cake with Berries <u>Alternate</u> Grilled Ham, Brie, and Honey Sandwich	Mixed Green Salad Polish Bigos (Stew) Mashed Potatoes Polish Apple Cake  <u>Alternate</u> Hummus Avocado Roasted Vegetable Wrap  Pretzels	Mixed Green Salad Beef Burgundy Egg Noodles Honey Glazed Carrots Turtle Bundt Cake <u>Alternate</u> Micro Wedge Salad Topped with Diced Chicken, Bacon, & Bleu Cheese Crumbles	Mixed Green Salad Cranberry Chicken Mashed Potatoes Green Beans Oatmeal Raisin Cookie  <u>Alternate</u> Maple Glazed Turkey Burger  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
Beef Vegetable Soup Chicken Salad Croissant  Lettuce/Tomato/Pickle  Waffle Fries Ricotta Cheesecake w/ Topping <u>Alternate</u> Cuban Panini Sandwich Mixed Green Salad w/ Choice of Dressing	Maryland Crab Soup Farmers Pot Roast  Red Skin Potatoes Tender Brussel Sprouts Strawberry Fluff Parfait <u>Alternate</u> Chef Salad  Choice of Dressing	Tuscan White Bean Soup Rotisserie Style Chicken  Sweet Potato Wedges  Confetti Corn Cherry Crisp <u>Alternate</u> Turkey Club Wrap  Lettuce/Tomato/Pickle  Potato Chips	Turkey Rice Soup Braised Pork Loin Whole Grain Mustard Chive Smashed Potatoes Fresh Green Beans Banana Cream Pie <u>Alternate</u> Gyro  Lettuce/Tomato/Pickle  Fresh Green Beans	Lentil Soup 3 Cheese Macaroni & Cheese  Stewed Tomatoes  Swiss Chard Fresh Melon Mix <u>Alternate</u> Marinated Grilled Chicken Breast  Mashed Potatoes  Swiss Chard	Manhattan Clam Chowder Beer Battered Fish Fry  Fresh Fries Broccoli Salad Vanilla Pudding Parfait <u>Alternate</u> Kentucky Club Sandwich (Ham, Turkey, Bacon, and BBQ Sauce) Broccoli Salad	Corn Chowder Stuffed Peppers  Mashed Potatoes Baked Butternut Squash Fresh Pineapple <u>Alternate</u> Reuben Burger  Lettuce/Tomato/Pickle  French Fries

**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\***