

## 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:

**November 3- 9 , 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 Scrambled Eggs Cranberry Orange Muffin Sausage Link	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 Celebrating Cranberries	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 Maple Cranberry Glazed Chicken  Cranberry Stuffing Roasted Carrots Cranberry Cake with Frosting  <u>Alternate</u> Fish Cake Mashed Potatoes	Mixed Green Salad Stuffed Shells Garlic Bread Broccoli & Red Peppers Carrot Cake  <u>Alternate</u> Grilled Chicken Sandwich Lettuce/Tomato Pickle Broccoli & Red Peppers	Mixed Green Salad Grilled Cheese & Tomato  Potato Salad Pickled Julienned Vegetables Strawberry Banana Jell-O Parfait  <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\***