

## 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:

**January 12-18, 2020**

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 Hash Brown Casserole With Country Gravy

### Alternative 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 also available

## LUNCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY Strawberry Sundae Day	THURSDAY	FRIDAY	SATURDAY
Mixed Green Salad Raspberry Balsamic Chicken w/ Shallots Roasted Greek Potato Wedges Sautéed Broccoli Rhubarb & Berry Pie <u>Alternate</u> Portobello Stroganoff over Pasta Sautéed Broccolini	Mixed Green Salad Turkey Tetrazzini Scandinavian Vegetables Blueberry Cupcake <u>Alternate</u> Beef Brisket Sandwich Quinoa Salad	Mixed Green Salad Citrus Herbed Tilapia Confetti Couscous Fresh Vegetable Medley Blonde Brownie <u>Alternate</u> Chicken Fiesta Fajita Taco Salad Choice of Dressing	Mixed Green Salad Mojo Pulled Pork Sandwich  Spanish Rice Pinto Beans Strawberry Sundae Bar <u>Alternate</u> Lemon Herb Chicken Breast Spanish Rice Pinto Beans	Mixed Green Salad Grilled Rueben Potato Chips Tortellini Salad Fried Apples <u>Alternate</u> Mardi Gras Pasta	Mixed Green Salad Open Faced Roast Beef Sandwich with Gravy Garlic Mashed Potatoes Sweet Chili String Bean Medley Peach Cobbler <u>Alternate</u> Salmon Spinach Wrap Macaroni Salad Sweet Chili String Bean Medley	Mixed Green Salad Potato Crusted Cod  Rice Pilaf Oven Roasted Carrots Coca-Cola Cake <u>Alternate</u> Cape Cod Turkey Salad Choice of Dressing

### Alternative 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
Pasta Fagioli Soup Cowboy BBQ Burger Lettuce/Tomato Steak Fries Lemon Meringue Pie <u>Alternate</u> Italian B.L.T	Creamy Tomato Soup Sesame Chicken Basmati Rice Broccoli Butterscotch Pudding Parfait <u>Alternate</u> Pork Roast w/ Gravy  Basmati Rice Green Beans	Black Bean Soup Hand Crafted Meatloaf Mashed Potatoes & Gravy Cauliflower with Cheese Sauce Cherry Pie <u>Alternate</u> Buffalo Chicken Salad  Choice of Dressing	Loaded Potato Soup BBQ Chicken Thighs Baked Potato Peas Blueberry Cobbler <u>Alternate</u> Cheese Ravioli  Mixed Green Salad w/ Dressing	New England Clam Chowder Teriyaki Glazed Salmon Herbed Wild Rice Pilaf Stir Fry Vegetables Key Lime Pie <u>Alternate</u> Personal Pan Pizza  Mixed Green Salad w/ Choice of Dressing	Wild Mushroom Soup Shrimp Alfredo Broccoli  Mixed Berry Parfait <u>Alternate</u> Patty Melt  French Fries	Beef Noodle Soup Baked Ziti with Italian Sausage Marinara Sauce Broccoli & Garlic Bread Rice Pudding <u>Alternate</u> Tuscan Grilled Chicken Sandwich  Lettuce/Tomato/Pickle Broccoli

### Alternative 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\***