

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 19-25th, 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 Brown	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

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), Daily fruit selections also available.

LUNCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Mixed Green Salad Sweet-n-Sour Shrimp Brown Rice Stir Fry Vegetables Frosted Brownies	Mixed Green Salad Baked Manicotti Garlic Bread Sautéed Squash Medley Strawberry Pie	**Chocolate Cake Day** Mixed Green Salad Stuffed Cabbage Mashed Potatoes Wax Beans Chocolate Cake	Mixed Green Salad Turkey Swiss Melt Marinated Grilled Vegetables Vanilla & Oreo Pudding	Mixed Green Salad Buffalo Chicken Flat Bread Sandwich Sweet Potato Fries Celery Sticks Cheesecake	Mixed Green Salad Crab Cakes Cilantro Rice White Bean Salad Chocolate-Chip Cupcake	Mixed Green Salad Pasta Greco Broccoli Bread Pudding with Vanilla Sauce
<u>Alternate</u> Greek Salad with Grilled Chicken Garlic Breadstick	<u>Alternate</u> Chesapeake Seafood Salad Sandwich Lettuce/Tomato/Pickle Sautéed Squash Medley	<u>Alternate</u> Single Layer Turkey Club Lettuce/Tomato/Pickle Potato Chips	<u>Alternate</u> Breaded Fish Sandwich Lettuce/Tomato/Pickle Marinated Grilled Vegetables	<u>Alternate</u> Cheesesteak Sandwich Sweet Potato Fries	<u>Alternate</u> White Hot Dog	<u>Alternate</u> Cowboy Chili in Boule 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)

SUPPER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Chicken Tortellini Soup Grilled Bratwurst Parslied Potatoes Sauerkraut Banana Pecan Coffee Cake	Potato Leek Soup Chicken a la King Rice Pilaf Fresh Fruit Cup	Seafood Bisque Butterflied Fried Shrimp French Fries Broccoli, Cauliflower, Carrots Spiced Cake	Rustic Butternut Squash Soup Chicken Marsala Garlic Mashed Potatoes Roasted Corn Dutch Apple Pie	White Chicken Chili Soup Baked Pasta Bolognese Garlic Bread Fire Roasted Asparagus Chocolate Cream Pie	Minestrone Soup Beer Battered Fish Fry French Fries Creamy Coleslaw Mixed Fruit Cobbler	Chicken & Wild Mushroom Soup Szechuan Shrimp Bamboo Rice Broccoli Chocolate Pudding Parfait
<u>Alternate</u> Boss Sauce Boneless Wings Waffle Fries	<u>Alternate</u> Swedish Meatballs Buttered Noodles Broccoli	<u>Alternate</u> Eggplant Stack Marinara Sauce Garlic Bread	<u>Alternate</u> Vegetable Lo-Mein	<u>Alternate</u> Turkey Carnita Torta Chips Fire Roasted Asparagus	<u>Alternate</u> Pittsburgh Chicken Salad Choice of Dressing	<u>Alternate</u> Monte Cristo French Fries Broccoli

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