

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 - \$5.00

Lunch - \$6.00

Supper - \$7.00

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

Our dining service specialist is available 7 days/week until 8:00 p.m. at extension 4233 or 385-0233.

For preference changes, please call dining services at extension 4233 or 385-0233.

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

September 20-26, 2020

Please contact the kitchen at 385-0233 with any questions or requests.



FRIENDLY HOME

BREAKFAST

SUNDAY	MONDAY	TUESDAY Apple Tasting Tour	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	Apple Cider Cream of Wheat Scrambled Eggs Donut 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 Apple Tasting Tour	WEDNESDAY	THURSDAY	FRIDAY National Lobster Day	SATURDAY
Mixed Green Salad Raspberry Balsamic Chicken w/ Shallots Roasted Greek Potato Wedges Sautéed Broccoli Rhubarb & Berry Pie Alternate Portobello Stroganoff over Pasta Sautéed Broccolini	Mixed Green Salad Turkey Tetrazzini Scandinavian Vegetables Blueberry Cupcake Alternate Beef Brisket Sandwich Quinoa Salad	Mixed Green Salad Apple Bacon Cheddar Grilled Cheese Cinnamon Applesauce Apple Pie Alternate Citrus Herb Tilapia Mashed Potatoes	Mixed Green Salad Mojo Pulled Pork Sandwich Spanish Rice Pinto Beans Banana Pudding with Vanilla Waffer Alternate Lemon Herb Chicken Breast Spanish Rice Pinto Beans	Mixed Green Salad Grilled Rueben Potato Chips Tortellini Salad Fried Apples Alternate Mardi Gras Pasta	Lobster Bisque Lobster Macaroni & Cheese Steamed Broccoli Peach Cobbler Alternate Open Faced RB Sandwich with gravy Mashed Potatoes Green Beans	Mixed Green Salad Potato Crusted Cod Rice Pilaf Oven Roasted Carrots Coca-Cola Cake Alternate 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 (Red or White), Grilled chicken Sandwich with lettuce and tomato, Chicken Tenders w/ BBQ Sauce, Mac-n-cheese, Cheese or Pepperoni Pizza on Naan bread 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)						

DINNER

SUNDAY	MONDAY	TUESDAY Apple Tasting Tour	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Pasta Fagioli Soup Cowboy BBQ Burger Lettuce/Tomato Steak Fries Lemon Meringue Pie Alternate Italian B.L.T	Creamy Tomato Soup Sesame Chicken Basmati Rice Broccoli Butterscotch Pudding Parfait Alternate Pork Roast w/ Gravy Basmati Rice Green Beans	Chicken Mulligatawny Soup Hand Crafted Meatloaf Mashed Potatoes & Gravy Cauliflower with Cheese Sauce Cherry Pie Alternate Buffalo Chicken Salad Choice of Dressing	Loaded Potato Soup BBQ Chicken Thighs Baked Potato Peas Blueberry Cobbler Alternate Cheese Ravioli Mixed Green Salad w/ Dressing	New England Clam Chowder Teriyaki Glazed Salmon Herbed Wild Rice Pilaf Stir Fry Vegetables Key Lime Pie Alternate Personal Pan Pizza Mixed Green Salad w/ Choice of Dressing	Wild Mushroom Soup Shrimp Alfredo Broccoli Mixed Berry Parfait Alternate Patty Melt French Fries	Beef Noodle Soup Baked Ziti with Italian Sausage Marinara Sauce Broccoli & Garlic Bread Rice Pudding Alternate 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 (Red or White), Grilled chicken Sandwich with lettuce and tomato, Chicken Tenders w/ BBQ Sauce, Mac-n-cheese, Cheese or Pepperoni Pizza on Naan bread 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)

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