

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

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:

**Fall & Winter January 31-
February 6, 2021**

Please contact the kitchen at 789-3248 with any questions or requests.



FRIENDLY HOME

BREAKFAST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Orange Juice Cream of Wheat Ham & Cheese Scrambled Eggs Fruit Danish Sausage Links Fresh Fruit	Orange Juice Cream of Rice Cheesy Eggs Home Fries Grilled Ham Steak Fresh Fruit	Orange Juice Oatmeal Hard Boiled Egg Cinnamon Bread Sausage Patty Fresh Fruit	Orange Juice Cream of Wheat Breakfast Bake Bacon Fresh Fruit	Orange Juice Cream of Rice Blueberry Pancakes Syrup and Margarine Sausage Links Fresh Fruit	Orange Juice Oatmeal Scrambled Eggs Coffee Cake Canadian Bacon Fresh Fruit	Orange Juice Cream of Wheat Belgian Waffle Syrup and Margarine Sausage Patty Fresh Fruit

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	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Tossed Salad with Dressing Honey Glazed Ham Baked Sweet Potato with Cinnamon Butter Zucchini Medley Margarine Cinnamon Baked Apples <u>Alternate</u> Roasted Turkey with Gravy	Tossed Salad with Dressing Pecan Crusted Cod Orzo Peas & Mushrooms Margarine Hawaiian Fruit Cup <u>Alternate</u> Swiss Steak with Gravy	Tossed Salad with Dressing Beef Stroganoff Egg Noodles Brussels Sprouts Margarine Strawberry Shortcake <u>Alternate</u> Chicken Cordon Bleu	Tossed Salad with Dressing Pork Chop Supreme Scalloped Potatoes California Vegetable Blend Margarine Berry Cup <u>Alternate</u> Turkey with Apple Normandy	Tossed Salad with Dressing Tahitian Chicken Fried Rice Sugar Snap Peas Margarine Éclair <u>Alternate</u> Mostaccioli with Meat sauce	Tossed Salad with Dressing Baked Salmon Steak Fries Sautéed Cabbage Margarine Fruit Tart Éclair <u>Alternate</u> Ham Divan with Broccoli	Tossed Salad with Dressing Fried Chicken Mashed Potatoes Multi-Color Cauliflower Chocolate Chip Cake <u>Alternate</u> Beef Bourguignonne

Always Available Lunch Items: (Please request alternative lunch items by 10am)

Soups: Chicken Noodle and Tomato **Daily Soup Options:** Monday- Bean & Bacon, Tuesday- Vegetable, Wednesday- Chicken & Rice, Thursday- Beef Barley, Friday- Cream of Chicken, Saturday- Minestrone, Sunday- Beef Barley **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 Potato, Baked Potato, Brown Rice, 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	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Vegetable Frittata Autumn Rice Pilaf Broccoli Florets Margarine Crisp Toffee Bar <u>Alternate</u> Braised Beef	Minestrone Soup Saltine Crackers Sour Cream Meatloaf Baked Potato Fingers French Cut Green Beans Carrot Cake with Frosting <u>Alternate</u> Four Cheese Pasta	BBQ Pork Platter French Fries Greens Margarine Peaches & Cream Gelatin Dessert <u>Alternate</u> Breaded Fish on a Bun	Mexican Style Beef Tips Rice Roasted Zucchini & Red Peppers Margarine Turtle Brownie <u>Alternate</u> Stuffed Potato w/ Chicken, Cheese & Broccoli	Pork Medallions Paprika Buttered Potatoes Lima Beans Pudding Parfait <u>Alternate</u> Turkey Bacon Club Sandwich	Honey Mustard Chicken Sandwich Battered Corn Nuggets Scandinavian Vegetable Blend Margarine Mandarin Oranges <u>Alternate</u> Veal Patty	Pepperoni Pizza Baby Carrots Margarine Baked Custard <u>Alternate</u> Herbed Pork Chop Mashed Potatoes

Always Available Dinner Items: (Please request alternative dinner items by 3:30pm)

Soups: Chicken Noodle and Tomato **Daily Soup Options:** Monday- Bean & Bacon, Tuesday- Vegetable, Wednesday- Chicken & Rice, Thursday- Beef Barley, Friday- Cream of Chicken, Saturday- Minestrone, Sunday- Beef Barley **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, Baked Potato, Brown Rice, 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