

Meal Delivery Times:

Breakfast
7:15am - 8:30am

Lunch
11:15am - 12:30pm

Supper
5:00pm - 6:15pm

Guest Meals

Breakfast - 5.00

Lunch - 6.00

Supper - 7.00

Please contact the Reception Desk at (585) 381-1600 to purchase a tray.



The Friendly Home Dining is proud to serve antibiotic-free poultry, cage-free eggs, free-to-roam pork, and line-caught Albacore tuna



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 nutritional care.

OUR STAFF

Richard Card - Director of Dining Services
rcard@friendlyseniorliving.org

Sara Chestnut - Clinical Nutrition Manager/Registered Dietitian (Lee, Selden, Lovejoy) schestnut@friendlyhome.org

Ashley Pitt - Registered Dietitian (Porter, Morgan and Lindsay) 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.

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:
March 17-23rd, 2024

Spring/Summer Menu



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



Name : _____

Room# : _____

WEEK 1 | BREAKFAST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Orange Juice Cream of Wheat Ham & Cheese Scrambled Eggs Fruit Danish Sausage Link</p> <p>-----</p> <p>Blueberry Muffin Hardboiled Egg</p>	<p><i>*New Unidine Menu Starts*</i></p> <p>Orange Juice Oatmeal Sausage Links Texas French Toast</p> <p>-----</p> <p>Cranberry Muffin Egg Scrambled</p>	<p>Orange Juice Oatmeal Egg Scrambled Potato Pancakes</p> <p>-----</p> <p>Breakfast Ham Belgian Waffle</p>	<p>Orange Juice Oatmeal Fruit & Cottage Cheese Plate Blueberry Muffin</p> <p>-----</p> <p>Turkey & Sweet Potato Hash Wheat Toast</p>	<p>Orange Juice Oatmeal Ham & Cheese Omelet Home Fries Orange Muffin</p> <p>-----</p> <p>Texas French Toast Berry Compote Turkey Sausage Patty</p>	<p>Orange Juice Oatmeal Bacon Strips Pancake</p> <p>-----</p> <p>Scrambled Eggs Texas Sticky Buns</p>	<p>Orange Juice Mandarin Oranges Oatmeal Denver Scramble Chocolate Chip Bread</p> <p>-----</p> <p>Blueberry & Strawberry Parfait Wheat Toast</p>

WEEK 1 | LUNCH

<p><i>**St. Patrick's Day**</i></p> <p>Corned Beef w/ Mustard Sauce Boiled Potatoes Cabbage Roasted Carrots Mint Chocolate Pie</p> <p>-----</p> <p>Baked Chicken Mashed Potatoes</p>	<p>Iceberg Tossed Salad BBQ Pork Cheesy Grits Southern Succotash Cornbread Deep Dish Peach Cobbler</p> <p>-----</p> <p>Southern Fried Chicken Black Beans & Rice Sautéed Fresh Spinach</p>	<p>Iceberg Tossed Salad Honey Glazed Chicken Herbed Couscous Roasted Asparagus Vegetable Bread Carrot Cake</p> <p>-----</p> <p>Stuffed Manicotti in Marinara Sauce Sautéed Zucchini</p>	<p>Iceberg Tossed Salad Roast Turkey Breast Chipotle Honey Glaze Whipped Potatoes Baby Lima Beans Wheat Roll Black Forest Cake</p> <p>-----</p> <p>Herb Crusted Tilapia Wild Rice w/Vegetables Buttered Carrots</p>	<p>Iceberg Tossed Salad Sliced Italian Sausage Plain Toasted Farro Seasoned Green Beans Garlic Bread Tiramisu</p> <p>-----</p> <p>Mediterranean Eggplant Basil Roasted Zucchini</p>	<p>Iceberg Tossed Salad Lemon Baked Cod Vegetable Fried Rice Sautéed Broccoli Flan</p> <p>-----</p> <p>Rosemary Chicken Gruyere Potatoes Oven-Roasted Brussels Sprouts</p>	<p>Iceberg Tossed Salad Turkey Meatloaf Garlic Smashed Potatoes Fresh Garden Blend Vegetables Cheese Biscuit White Raspberry Cake</p> <p>-----</p> <p>Liver & Onions Sautéed Onions & Mushrooms Cauliflower & Red Peppers</p>
--	--	---	---	---	--	---

WEEK 1 | DINNER

<p>Vegetable Frittata Autumn Rice Pilaf Broccoli Florets Crisp Toffee Bar</p> <p>-----</p> <p>Creamy Corn Soup Egg Salad Sandwich</p>	<p>Vegetable Chowder Tuna Salad Plate with Biscuit Potato Salad Marinated Veg Salad Fresh Pineapple</p> <p>-----</p> <p>Hamburger Steak Barley Roasted Mushrooms</p>	<p>Chicken Barley Soup Cuban Sandwich Grilled Balsamic Veg Fresh Fruit Salad</p> <p>-----</p> <p>Beef Taco Salad Chips & Salsa Pinto Beans</p>	<p>Tuscan White Bean Soup Spinach & Tomato Frittata Pickled Beets Fresh Watermelon</p> <p>-----</p> <p>Grilled Chicken Pesto Sandwich Cauliflower Pea & Onion Salad</p>	<p>Garden Veggie Soup Philly Cheesesteak Sandwich Sautéed Onions & Peppers Grilled Peaches</p> <p>-----</p> <p>Cheese Personal Pizza Greek Chick Pea Mix</p>	<p>Minestrone Soup Spaghetti & Meat Sauce Sourdough Bread Fennel Orange Salad Fresh Fruit Cup</p> <p>-----</p> <p>Vegetable Quiche Spinach & Orzo Salad Cucumber Mint Salad</p>	<p>Dill Potato Soup Fruit & Cottage Cheese Plate Three Bean Salad Apple Muffin Sugar Cookies</p> <p>-----</p> <p>Monte Cristo Confetti Coleslaw</p>
---	--	--	---	--	---	---

***Menu Instructions:** Please feel free to circle the items you would like to receive on each day and cross out what you would like removed. You may reference the "always available list" to see additional items that may be requested. These items can be written in under each day. Please also specify if you would like condiments with a certain meal. Once a menu is completed please write your name and room number in the specified section on the top of this page and have the menu brought to the nurses station to be collected for the kitchen. Thank you & enjoy your meal!