

## 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



## FRIENDLY HOME

nursing care & rehabilitation

### 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:  
April 1-7<sup>th</sup>, 2024

Spring/Summer Menu



FRIENDLY HOME

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



**WEEK 3 | BREAKFAST**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Orange Juice Oatmeal Scrambled Eggs Home Fries Orange Cranberry Muffin ----- Sausage Links Blueberry Pancakes	Orange Juice Oatmeal Cheese Omelet Texas French Toast Potato Pancakes ----- Bacon Strips Wheat Toast	Orange Juice Oatmeal Egg and Cheese on- English Muffin Home Fries ----- Wheat Toast Ham & Cheese Quiche	Orange Juice Oatmeal Egg Scrambled Sweet Potato Home Fries ----- Pancakes Bacon Strips	Orange Juice Fresh Whole Banana Oatmeal Cheese Strata Muffin ----- Fruit & Cottage Cheese Plate Wheat Toast	Orange Juice Mandarin Oranges Oatmeal Egg Scrambled Sausage Links Home Fries ----- Wheat Toast Texas French Toast	Orange Juice Honeydew Cubes Oatmeal Egg Scrambled Zucchini Bread Home Fries ----- Ham Hash Casserole Wheat Toast

**WEEK 3 | LUNCH**

Chicken Mushroom Fricassee Herbed Couscous Baby Lima Beans Wheat Roll Frosted Orange Cake ----- Spaghetti Carbonara Roasted Asparagus	Salisbury Steak Rice Pilaf Sautéed Swiss Chard Wheat Roll Blueberry Buckle ----- Crispy Baked Cod Red Potatoes Dijonnaise Herb Baby Carrots	Mojo Braised Pork Fried Plantains Borracho Beans Dinner Roll Frosted Banana Cupcake ----- Butternut Squash Mac & Cheese Roasted Tomatoes w/ Herbs	Hungarian Goulash Buttered Bowtie Seasoned Green Beans Wheat Roll Peanut Butter Brownie ----- Cheese Ravioli Mushroom Ragout Steamed Fresh Yellow Squash	Grilled Pork Tenderloin Cornbread Dressing Fresh Steamed Broccoli Wheat Roll Macaroon Bar ----- Herb Crusted Flounder Brown Rice Roasted Cauliflower	Turkey Shepherd's Pie Buttermilk Mashed Potatoes Buttered Carrots Parmesan Breadstick Strawberry Shortcake ----- Teriyaki Beef Strips Rice White Vegetable Stir Fry	Lemon Mustard Chicken Toasted Farro Steamed Peas Wheat Roll Apple Crisp ----- Eggplant Rollantini Rotini Pasta w/ Butter Sautéed Kale
---	---	---	---	--	--	---

**WEEK 3 | DINNER**

Beef Barley Soup Turkey & Swiss Melt on Wheat Sweet Potato Fries Oven-Roasted Brussels Sprouts Fresh Pineapple ----- Tuna Pasta Salad Cucumber Dill Salad Parmesan Breadstick	Turkey Noodle Soup Reuben Sandwich Basil Roasted Zucchini Fresh Cantaloupe ----- Cheese Quiche Corn Muffin	French Onion Soup Chicken Club Sandwich Carrot Raisin Salad Fresh Fruit Cup ----- Veggie Cobb Salad Buttermilk Biscuits	Chicken & Rice Soup Stuffed Pepper w/ Rice Biscuit Roasted Cauliflower Chilled Peaches ----- German Bratwurst Red Pepper Aioli German Potato Salad Red Cabbage Salad	Corn Chowder w/Bacon Cumin and Coriander- Chicken Parslied Potatoes Southern Succotash Wheat Roll Strawberry Mousse ----- Tex Mex Quinoa Veggie Burger Roasted Brussel Sprouts	Navy Bean & Ham Soup Pulled Carolina BBQ Pork on Bun Creamy Coleslaw Pudding-Cookie Parfait ----- Seafood Louis Plate Grilled asparagus Sweet Dinner Roll	Tomato & Rice Soup French Dip Sandwich w/ onions & mushrooms Parm Potato Wedges Fresh Fruit Summer Salad ----- Santa Fe Salad Pickled Beets Wheat Roll
---	--	---	---	--	---	--

**\*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!