

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:
April 8-14th, 2024

Spring/Summer Menu



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



Name : _____

Room# : _____

WEEK 4 | BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Orange Juice Oatmeal Cheesy Chive Scrambled Eggs Orange Muffin ----- Belgian Waffle Turkey Sausage Patty	Orange Juice Oatmeal Breakfast Ham Texas French Toast ----- Wheat Toast Scrambled Eggs	Orange Juice Oatmeal Rancher's Eggs American Fried Potatoes Cranberry Muffin ----- Sausage Links Pancakes	Orange Juice Chilled Peaches Oatmeal Scrambled Eggs Potato Pancakes Banana Bread ----- Texas French Toast Sausage Patty	Orange Juice Chilled Apricots Oatmeal Breakfast Ham Home Fries Belgian Waffle ----- Apple Muffin Fruit & Cottage Cheese Plate	Orange Juice Mandarin Oranges Oatmeal Spanish Scramble Lemon Poppy Seed Muffin ----- Banana Pancake Turkey Sausage Links	Orange Juice Oatmeal Scrambled Eggs Biscuit ----- Strawberry Granola Parfait Coffeecake

WEEK 4 | LUNCH

Solar Eclipse Day Beef Enchiladas Spiced Black Beans Steamed Corn Wheat Roll Half Moon Cookie ----- Pollock Peperonata Herbed Couscous Seasoned Green Beans	Balsamic Turkey Jasmine Rice Grilled Zucchini Corn Muffin Bavarinan Apple Tart ----- Country Fried Steak Whipped Potatoes Fresh Snap Peas w/ Shallots	Chicken Chili Lime Citrus Whole Wheat Rotini Fresh Squash w/Thyme Wheat Roll Red Velvet Cake ----- Teriyaki Cod Fried Rice Cabbage & Bok Choy	**TFH 175th Birthday** Honey Glazed Pork Tenderloin Macaroni & Cheese Steamed Green Peas Bday Celebration Cake ----- Shrimp Scampi Breadstick Cauliflower Grits	Stuffed Bell Pepper Cornbread California Mix Vegetable Chocolate Raspberry Cake ----- Crispy Baked Catfish Dirty Rice Fried Green Tomatoes	Roast Turkey Breast Turkey Gravy Whipped Potatoes Steamed Baby Carrots Wheat Roll Blueberry Lemon Pound Cake ----- Vegetable Quiche Ratatouille	Beef Burgundy Veggie Brown Rice Brussel Sprouts Cherry Pie ----- Grilled Pork Chop Smashed Sweet Potato Roasted Bell Peppers
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WEEK 4 | DINNER

Beef Noodle Soup Chicken Salad- Croissant Dill Potato Salad Carrot Slaw Pineapple & Mango ----- Eastern Grain Bowl Dill Cucumber Salad Wheat Roll	Vegetable Soup Beef Patty Melt Macaroni Salad Pickled Carrots Chilled Pears ----- Pesto Tortellini Parmesan Breadstick Brussels Sprouts	Lentil & Kale Soup Turkey burger w/Onions Baked Sweet Potato - Fries Fresh Fruit Cup ----- Veggie Gratin Frittata Tomato Bean Salad	Vegetarian Lentil Soup Chicken Fajita Cilantro Rice Mexican Corn Flan ----- Reuben Sandwich Creamy Coleslaw Onion Rings	Pinto Bean Soup Italian Hoagie Potato Chip Marinated Peppers- Salad Rainbow Sherbet ----- Spinach Feta Pie Broiled Tomatoes	Split Pea Soup Tuna Salad Veg.Plato Wheat Roll Apple Honey Slaw Choc Chip Cookies ----- Italian Chicken Sandwich Rosemary Pot. Wedges Sautéed Onions & Mushrooms	Cream of Potato Soup Fried Fish Sandwich Garlic Potato Wedges Caribbean Slaw Pineapple & Mango ----- Turkey Tetrazzini Steamed Broccoli
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***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!