

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:
June 3-9th, 2024

Spring/Summer Menu



FRIENDLY HOME



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

Name : _____

Room# : _____

WEEK 4 | BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Orange Juice Oatmeal Cheesy Chive Scrambled Eggs Belgian Waffle</p> <p>Other: _____</p>	<p>Orange Juice Cream Of Wheat Scrambled Eggs Breakfast Ham Cranberry Muffin</p> <p>Other: _____</p>	<p>Orange Juice Quick Grits Rancher's Eggs Pancake</p> <p>Other: _____</p>	<p>Orange Juice Oatmeal Scrambled Eggs Sausage Links Corn Muffin</p> <p>Other: _____</p>	<p>Orange Juice Cream Of Wheat Scrambled Eggs Hash browns w/ Onions Mini Danish</p> <p>Other: _____</p>	<p>Orange Juice Quick Grits Spanish Scramble Turkey Sausage Links Lemon Poppy Seed Muffin</p> <p>Other: _____</p>	<p>Orange Juice Oatmeal Scrambled Eggs Kielbasa Sausage Coffeecake</p> <p>Other: _____</p>

WEEK 4 | LUNCH

<p>Beef Noodle Casserole Steamed Corn Poke Cake ----- Pollock Vera Cruz Spiced Black Beans</p> <p>Other: _____</p>	<p>Maple Roast Turkey Whipped Potatoes Grilled Zucchini Bavarian Apple Tart ----- Country Fried Steak w/ Cream Gravy</p> <p>Other: _____</p>	<p>Chicken Chili Lime- Citrus Herbed Rice Squash w/ Thyme Lemon Bar ----- Teriyaki Cod</p> <p>Other: _____</p>	<p>Honey Glazed Pork Tenderloin Breadstick Steamed Green Peas Nutty Brownie ----- Shrimp Scampi</p> <p>Other: _____</p>	<p>Stuffed Bell Pepper Cornbread California Mix Vegetable Choc. Raspberry Cake ----- Lemon Artichoke Tilapia</p> <p>Other: _____</p>	<p>Beef Stroganoff Buttered Egg Noodles Steamed Baby Carrots Blueberry Lemon Pound Cake ----- Vegetable Quiche</p> <p>Other: _____</p>	<p>Chicken Cacciatore Herbed Penne Pasta Brussel Sprouts Cherry Pie ----- Grilled Pork Chop</p> <p>Other: _____</p>
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WEEK 4 | DINNER

<p>Cheese & Bacon Soup Chicken Salad- Croissant Dill Potato Salad Broccoli Salad Pumpkin Spice Bar ----- Spinach Feta Pie</p> <p>Other: _____</p>	<p>Vegetable Soup Pesto Tortellini Roasted Herb Carrots Chilled Pears ----- Beef Patty Melt Macaroni Salad</p> <p>Other: _____</p>	<p>Lentil & Kale Soup Turkey burger w/Onions Tater Tot Cajun Green Beans Fresh Fruit Cup ----- Veggie Gratin Frittata</p> <p>Other: _____</p>	<p>Split Pea Soup Chicken Fajita Creamy Coleslaw Mexican Corn Chocolate Cream Pie ----- Reuben Sandwich</p> <p>Other: _____</p>	<p>Pinto Bean Soup Italian Hoagie Pasta Salad Rotini Broiled Tomatoes Banana Pudding ----- Hot Turkey Sandwich</p> <p>Other: _____</p>	<p>Lentil Soup Chicken Parm Sandwich Rosemary Potatoes Garden Veg. Blend Chocolate Chip Cookie ----- Tuna Salad Veg. Plate</p> <p>Other: _____</p>	<p>Cream of Potato Soup Salmon Dijonnaise Garlic Potato Wedges Fresh Broccoli Crispy Rice Bar ----- Caprese Sandwich on Multi Grain</p> <p>Other: _____</p>
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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!