

Friendly meals Menu

Sept. ~~August~~ 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	Orange glaze chicken Rice pilaf Green beans Whole wheat bread Applesauce	1 Parmesan chicken Spaghetti sauce Rotini pasta Italian veggie blend Whole wheat bread Diced pears	2 Breaded pork cutlet White sauce Mashed potatoes Beets Dinner roll Pumpkin pudding & cream	3 Salisbury beef Steakhouse sauce Whipped potatoes Green beans & red peppers Wheat bread Apricot halves
7 HOLIDAY NO MEALS SERVED	8 Meatballs w/ honey ginger sauce Home fries Mixed vegetables Whole wheat bread Pears	9 Baked chicken breast Hawaiian sauce Black beans & rice Corn O'Brien Whole wheat bread Apple	10 Homestyle chicken breast Mashed potatoes Green beans Dinner roll Vanilla fluff	11 Sweet & sour pork Garden medley rice Green peas w/ mushrooms Whole wheat bread Mandarin oranges
14 Pineapple baked ham Mashed spice yams Brussel sprouts Whole wheat bread Pumpkin chip cookie	15 Stuffed chicken Mashed potatoes Whole wheat bread Snickerdoodle	16 Cheese tortellini Alfredo sauce Garlic spinach Carrots Whole wheat bread Cinnamon applesauce Birthday Cake	17 Chicken chow mein Chow mein noodles Rice pilaf Scandinavian veggies Peaches	18 Philly cheesesteak Macaroni w/ tomatoes Garden blend vegetables Hamburger bun Pears
21 Chicken & biscuit Mashed potatoes Peas Apricot halves	22 Swedish meatballs Egg noodles Broccoli Whole wheat bread Fruit cocktail	23 Pork carnitas Pinto beans Cheddar cheese Spanish rice Flour tortilla – 2 each Applesauce	24 Shepard's pie w/ corn Mashed potatoes Italian vegetables Whole wheat bread Oatmeal cookie	25 Orange glaze chicken Rice pilaf Green beans Whole wheat bread Applesauce
28 Turkey burger w/ cheese Chuckwagon corn Baked beans Wheat hamburger bun Scalloped apples Ketchup p.c. Mustard p.c.	29 Pork fried rice Green beans Cabbage Whole wheat bread Watermelon	30 Ham patty Baked beans Broccoli Wheat bread Snickerdoodle		

Milk and bread are served with meals. A dietetic dessert is available upon request. The menu is subject to change.

Questions? Contact Erik Baker, Associate Director of Community Programs, at 603-352-2253