

Friendly Meals Menu

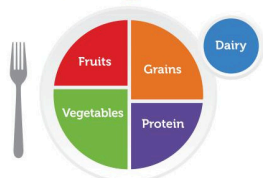
October 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Baked meatloaf Mashed potatoes Mixed vegetables Wheat dinner roll Sugar date cookies	2 Chicken breast cacciatore Rotini noodles Oregon blend vegetables Wheat bread Applesauce	3 Cheese tortellini w/ meat sauce Parmesan cheese Broccoli florets Wheat bread Apples
6 Chicken vegetable stew w/ beans Brussel sprouts Biscuit Oatmeal raisin date cookie	7 Lunch provided by the Rotary Club!	8 Stuffed shells w/ spinach sauce Green Beans Parmesan cheese Wheat bread Mandarin oranges w/ orange gelatin	9 Diced turkey w/ gravy Mashed potatoes Broccoli florets Wheat bread Carrot birthday cake w/ icing	10 Chicken & broccoli casserole Wide egg noodles Diced Carrots Wheat Dinner Roll Pumpkin Pudding
13 Broccoli, cheddar & turkey cowder Italian green beans w/ garbanzo beans Crackers Wheat roll Mandarin oranges	14 Sweet-n-sour sliced pork w/ vegetables Brussel sprouts Vegetable rice pilaf Wheat bread Red grapes	15 Shepherd's pie w/ corn & mashed potatoes Diced carrots Wheat dinner roll Pumpkin cookies	16 Pork cutlet w/ peppers & onions in sauce Mashed cauliflower Diced beets Wheat roll Applesauce	17 Beef & vegetable stew w/ potatoes & beans Green beans w/ white kidney beans Wheat biscuit Banana bread
20 Oven fried chicken Garlic mashed potatoes Spinach Whole wheat bread Orange	21 Turkey meatball alfredo w/ asiago cheese Parmesan & spinach Home fries Peas & carrots Wheat dinner roll Pineapple tidbits	22 Lasagna roll w/ meat & marinara sauce Brussels sprouts Parmesan cheese Wheat bread Baked apple slices	23 Chicken chow mien w/ shredded cabbage Vegetable rice pilaf w/ black beans Capri vegetables Chow mien noodles Wheat dinner roll Pears	24 Zucchini, onion & squash quiche w/ cheddar cheese Peas & mushrooms Broccoli & Cauliflower Wheat Bread Tropical fruit
27 Roast pork loin Applesauce Sweet potatoes Diced beets Wheat dinner roll Berry crisp w/ cream	28 Chicken cacciatore Wheat rotini pasta Peas & carrots Wheat bread Apricots	29 Beef steak w/ BBQ sauce Rice pilaf w/ diced tomatoes & veggies Italian vegetables Wheat bread Pineapple tidbits	30 Pot roast w/ gravy Mashed potatoes Carrots Potato dinner toll Mandarin oranges	31 Sweet-n-sour vegetable chicken w/ lentils Vegetable rice pilaf Brussel sprouts Wheat bread Macintosh apple

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

Make your reservation two days prior by calling: 603-352-2253

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with **MyPlate**



Healthy Eating for Older Adults

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Make eating a social event

Enjoy meals with friends or family members as often as possible. Take advantage of technology to enjoy meals virtually with loved ones in different cities or States.



Drink plenty of liquids

You may not always feel thirsty when your body needs fluids, and that's why it's important to drink beverages throughout the day. Enjoy coffee and tea if you like, or some water, milk, or 100% juice.



Add a touch of spice

Limiting salt is important as you get older. Fresh and dried herbs and spices, such as basil, oregano, and parsley, add flavor without the salt.



Make the most of your food choices

Older adults need plenty of nutrients but fewer calories, so it's important to make every bite count. Foods that are full of vitamins and minerals are the best way to get what you need.



Be mindful of your nutrient needs

You may not be getting enough nutrients such as calcium, vitamin D, potassium, dietary fiber, vitamin B12, and also protein. Read the [Nutrition Facts label](#) on packaged foods and also speak with your healthcare provider about possible supplements.



Keep food safe

Discard food if it has an “off” odor, flavor, or texture. Refer to the “use by” dates for a guide to freshness. Canned or frozen foods store well if shopping trips are difficult.