

Friendly Meals Menu

December 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese ravioli w/ meat sauce 1 Parmesan cheese Cauliflower Fruit yogurt parfait Biscuit	Turkey meatballs alfredo w/ parmesan, asiago & spinach 2 Home fries Peas & carrots Wheat dinner roll Applesauce	Chicken chow mein 3 Chow mein noodles Vegetable brown rice pilaf Vegetable blend Diced pears	Shepherd's pie w/ corn & mashed potatoes 4 Green beans Wheat bread Pineapple tidbits	Chicken breast w/ pineapple sauce 5 Rice pilaf w/ vegetables Spinach Wheat dinner roll Mandarin oranges
Penne pasta w/ meat sauce 8 Parmesan cheese Cauliflower Wheat biscuit Apple	Roast pork w/ applesauce 9 Mashed potato Mixed vegetables w/ lima beans Wheat bread Chocolate chip cookie	Sliced scalloped potatoes & chicken w/ panko topping 10 Wax beans / Peas & onions Wheat bread Chocolate mousse	Very mild chili w/ black & cannellini beans 11 Vegetable brown rice pilaf 4-Blend vegetables Dinner roll White birthday cake w/icing	Beef stew w/ veggies & potato 12 Wheat biscuit Winter mixed vegetables Tapioca pudding w/ cream & peaches
Broccoli cheddar quiche 15 Stewed tomatoes Brussel sprouts Wheat dinner roll Orange	Chicken & biscuit 16 Mashed cauliflower Green & black beans Oatmeal craisin cookie w/ white chips	Swedish meatballs w/ mushroom sauce 17 Mashed potatoes Italian blend vegetables Wheat bread Fruit cocktail	Panko pork cutlet w/ brown sauce 18 Sweet potatoes Spinach Wheat roll Apple crisp w/ cream	Macaroni & cheese 19 Carrots Peas & mushrooms Wheat dinner roll Mandarin oranges
Christmas Dinner 22 Stuffed chicken breast Gravy Apple & cranberry stuffing Mashed potatoes - Carrots Wheat roll Pumpkin bar w/ white chocolate chips & craisins	23 Cavatappi goulash w/ beef in marinara sauce California blend veggies Corn bread Fruit cocktail	24 Spinach & onion quiche Green beans w/ red peppers Wheat dinner roll Applesauce w/ cinnamon	25 NO MEALS SERVED 	26 NO MEALS SERVED 
29 Breaded chicken parmesan w/ asiago cheese Diced potatoes 3 Bean mix w/ pimentos & black beans Wheat roll Vanilla pudding	30 Beef & potato chowder w/ onions & mushrooms Rotini noodles Brussel sprouts White roll Seasoned apples w/ cinnamon	31 Chicken -n- wheat biscuit Mashed potatoes Broccoli florets Pineapple tidbits		

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