

Friendly Meals Menu

August 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Parmesan chicken Spaghetti sauce Rotini pasta Italian veggie blend Whole wheat bread Diced pears	Turkey burger w/ cheese Chuck wagon corn Baked beans Wheat hamburger bun Scalloped apples Ketchup p.c. Mustard p.c.	Meatballs w/ honey ginger sauce Home fries Mixed vegetables Whole wheat bread Pears	Baked chicken breast Cilantro lime sauce Black beans & rice Corn O'Brien Whole wheat bread Apple	Beef bowtie lasagna Harvard beets Italian bread Pineapple tidbits
Chicken tenders BBQ sauce Sweet potatoes Cannellini beans Whole wheat bread Tropical fruit	Salisbury beef Steakhouse sauce Whipped potatoes Green beans & red peppers Wheat bread Apricot halves	Riblet Confetti rice Mixed vegetables Whole wheat bread Craisin date cookie	Pineapple baked ham Mashed spiced yams Brussel sprouts Whole wheat bread Pumpkin chip cookie	Cheese tortellini Alfredo sauce Garlic spinach Carrots Whole wheat bread Cinnamon applesauce
Sliced turkey breast Tarragon sauce Whipped potatoes Italian blend vegetables Whole wheat bread Peaches	Sweet & sour pork Garden medley rice Green peas w/ mushrooms Whole wheat bread Mandarin oranges	Egg salad Carrot raisin salad Pasta salad w/ mix veg Whole wheat bread Apricot halves	Swedish meatballs Egg noodles Broccoli Whole wheat bread Fruit cocktail	Pork carnitas Pinto beans Cheddar cheese Spanish rice Flour tortilla - 2 ea. Applesauce
Cape Cod chicken salad Three bean salad Pasta salad w/ broccoli Whole wheat bread Mandarin oranges Sugar cookie	Philly cheesesteak Macaroni w/ tomatoes Garden blend vegetables Hamburger bun Pears	Turkey burger w/ cheese Chuckwagon corn Baked beans Wheat hamburger bun Scalloped apples Ketchup p.c. Mustard p.c.	Pork fried rice Green beans Cabbage Whole wheat bread Watermelon	Turkey & ham chef salad Kidney bean salad Whole wheat bread Snickerdoodle
Meatloaf Mushroom gravy Sweet potatoes Summer blend vegetables Whole wheat bread Pineapple tidbits				

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