

Friendly Meals Menu

AUGUST 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Questions? Contact HCS at: 603-352-2253 www.HCSservices.org				Beef goulash 1 w/ parmesan cheese Peas & mushrooms Wheat roll Pineapple
Breaded tenderpress 4 pork chop Scalloped potatoes w/ cheddar Green beans Wheat bread Orange	Baked stuffed chicken 5 breast w/ sauce Mashed potatoes Diced carrots Wheat dinner roll Pears	Turkey meatballs 6 marinara w/ parmesan Penne pasta Mixed blend veggies w/ lima beans Wheat bread Pineapple	Italian chicken breast 7 w/ parsley Sweet potatoes California mixed veggies Wheat bread Birthday pound cake w/ icing	Broccoli & onion quiche 8 Home fries Diced carrots Wheat dinner roll Mandarin oranges
Sliced scalloped potatoes w/ chicken strips 11 Green, waxed & black beans Spinach Wheat roll Pumpkin chip cookie	Baked meatloaf 12 Brown sauce Mashed potatoes Brussel sprouts Wheat bread Vanilla pudding w/ peaches	Chicken-n- 13 w/ wheat biscuit Red mashed potatoes Broccoli florets Melon	Shepherd's pie w/ corn 14 Mashed cauliflower Sliced carrots w/ glaze Wheat dinner roll Oatmeal cookie w/ raisins	Chicken tenders w/ sauce Broccoli 15 Baked beans Wheat bread Sliced apples w/ cinnamon
Cheese ravioli 18 w/ beef Sauce w/ parmesan cheese Squash Biscuit Grapes	Roast turkey w/ sauce 19 Potatoes w/ ranch dressing Brussel sprouts Wheat bread Date craisin cookie	Cavatappi w/ sharp 20 cheddar Winter mix Stewed tomatoes Wheat dinner roll Mandarin oranges	Baked penne pasta w/ 21 sausage & mozzarella cheese Green beans & pimentos Wheat bread Pineapple	Meatloaf 22 BBQ SAUCE ON SIDE Mashed potatoes Peas & onions Wheat dinner roll Granny Smith apple
Cheese omelet 25 Diced sweet potato Broccoli florets Potato roll Apricots	Panko pork cutlet 26 w/ white sauce Mashed potatoes Diced carrots w/ parsley Wheat bread Strawberry applesauce	Turkey vegetable burger w/ sauce 27 Rice w/ vegetables Brussel sprouts Wheat bread Peaches	Beef patty w/ bbq sauce 18 Cut red potatoes w/ seasoning Italian vegetables Wheat bread Fruit cookie	Orange ginger chicken 29 Vegetable rice pilaf /peas, onions, celery & carrots Scandinavian blend vegetables Wheat roll Orange

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

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