

# Friendly Meals Menu

March 2026

Monday	Tuesday	Wednesday	Thursday	Friday
B.B.Q Chicken breast O'Brien red potatoes w/ peppers & onions Spinach Wheat dinner roll Pumpkin craisin cookie	Cheese rollette w/ mozzarella, ricotta, provolone & asiago cheese w/ marinara Garden peas & carrots Wheat roll Mandarin oranges & cream	Stuffed chicken Gravy Mashed red potatoes Green beans Wheat dinner roll Pumpkin pudding	Mild vegetarian chili Rice pilaf California mix vegetables Crackers Wheat dinner roll Peaches	Shepherd's pie w/ corn & mashed potatoes Spinach White dinner roll Diced pears
Minestrone bean soup w/ black beans & white kidney beans Crackers Winter mixed vegetables Wheat dinner roll Apricots w/ vanilla yogurt	S&S Turkey meatballs Broccoli florets, Vegetable spanish rice w/ diced tomatoes Peas & carrots Wheat roll Applesauce	Cheese omelet w/ sliced ham Green & waxed beans Texas toast Pineapple tidbits	Cavatappi & cheese w/ diced chicken Mixed vegetables Spinach Wheat dinner roll Mandarin oranges	Chicken parmesan Linguine w/ sauce Brussel sprouts Wheat roll Fruit cocktail
Vegetable chow mien w/ water chestnuts Brown rice pilaf w/ black beans Capri vegetables Chow mien noodles Tapioca pudding w/ mandarin oranges	Breaded pork chop w/ sauce & apple bits Home fries Diced beets Wheat bread Pumpkin pudding w/ cream	Beef round Boiled potato's Cabbage & carrots in beef Wheat roll Leprechaun Cake w/ frosting	Roast turkey Crain-raisin apple gravy Mashed potatoes Carrots White potato roll Pumpkin custard	Roast pork w/ brown sauce Mashed yams Peas & onions Wheat bread Oatmeal raisin cookies
Lasagna rollette w/ marinara sauce, cheese & eggplant Garden peas w/ onions Wheat roll Mandarin oranges w/ yogurt	Sloppy Joe w/ onions Wide egg noodles Sliced carrots Green beans Wheat hamburger roll Oranges	Chicken breast w/ peppers, onions & mushrooms Maple baked beans Broccoli florets Wheat bread Ricotta cheese cookie w/ craisin & dates	Turkey burger w/ vegetable gravy & fresh spinach Mashed potato Brussel sprouts Wheat roll Peach & craisin crisp	Beef & cheddar burger Three bean salad Sliced carrots w/ parsley Wheat roll Orange
Spinach & cheddar pie w/ zucchini & summer squash & ricotta cheese Home fries Wheat roll Italian blend vegetables w/ black beans Applesauce w/ cinnamon	Pork loin w/ apple cider sauce Diced home fries Green beans Wheat bread Carrot raisin cookie			

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**