

Friendly Meals Menu

January 2024



Friendly Meals
at the
Keene Senior Center
312 Marlboro Street

For reservations, call
Gia at 603-352-2253
or sign up at the
Senior Center two days
prior to the meal.

Senior Center
membership is not
required to join us
for lunch!

There is no charge for
Friendly Meals, but a \$5
donation is appreciated!

City Express
and Friendly Bus
transportation is
available to the
Senior Center.
Call 603-352-8494
for information or
ride reservations.

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Beef Stroganoff with Onions & Mushrooms Rotini Noodles Brussels Sprouts Seasoned Apples	3 Southern Chicken-n-Biscuit Mashed Potatoes Broccoli Florets Pineapple Tidbits with Cream	4 Spinach & Bacon Quiche California Mixed Veggies with Black Beans Fruit Cup	5 Roasted Chicken Breast with Gravy Mashed Potatoes Winter Squash Pumpkin Cookie
9 Swedish Steak with Mushroom Sauce Mashed Potatoes with Sour Cream Capri Blend Vegetables Apples with Cinnamon	10 Glazed Ham Patty Sweet Potatoes Green, Waxed, & Black Beans Mix Birthday Cake 	11 Chicken, Corn & Potato Chowder with Crackers Broccoli Fruit Parfait	12 Baked Cheese Lasagna Rollettes with Beef Marinara Sauce Spinach Pineapple Chunks
16 Chicken Breast with Vegetable Sweet-n-Sour Sauce Vegetable Rice Pilaf Broccoli Florets Tapioca Pudding with Peaches	17 Roast Pork with Sauce Boiled Potatoes Cabbage & Carrots Apple Raisin Cake	18 Chopped Steak with Brown Sauce Baked Beans Diced Carrots Watermelon	19 Oven Fried Chicken Breast Diced Potatoes with Parsley Peas & Onions Orange
23 Meatloaf with Brown Sauce Red Potatoes with Cheddar Winter Mixed Vegetables Date Craisin Bar	24 Beef Tips with Sauce and Sautéed Onions Mashed Potatoes Beets Fruit Crisp with Cream	25 Baked Chicken with Sauce & Stuffing Yams Green Beans & Lentils Apple	26 Baked American Goulash with Cavatappi Brussels Sprouts Peaches
30 BBQ Pork Rib Home Fried Potatoes Carrots Applesauce	31 Sliced Pot Roast Au Jus Mashed Ranch Potatoes Carrots & Cabbage Apple		

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