

Friendly Meals Menu

March 2024
 Friendly Meals at the
 Keene Senior Center
 312 Marlboro Street

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Make reservations at the Senior Center's front desk or call 603-352-2253 by 10:00 a.m. 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 voluntary donation is appreciated!</p>				
<p>4</p> <p>Four Cheese Rollette with Marinara Garden Peas & Carrots Mandarin Oranges with Cream</p>	<p>5</p> <p>Mild Mexican Chili with Crackers Rice Pilaf Broccoli Normandy Peaches</p>	<p>6</p> <p>Stuffed Chicken with Gravy Mashed Red Potatoes Green Beans Chocolate Raspberry Birthday Cake</p> 	<p>7</p> <p>Shepherd's Pie with Corn & Mashed Potatoes Spinach Diced Pears</p>	<p>1</p> <p>BBQ Chicken Breast O'Brien Red Potatoes Spinach Pumpkin Craisin Cookie</p>
<p>11</p> <p>Minestrone Bean Soup with Crackers Winter Mixed Veggies Apricots with Vanilla Yogurt</p>	<p>12</p> <p>Bacon & Onion Quiche Green & Waxed Beans Pineapple Tidbits</p>	<p>13</p> <p>Beef Round Boiled Potatoes Cabbage & Carrots in Beef Stock Leprechaun Cake with Frosting</p> 	<p>14</p> <p>Chicken Parmesan Linguine with Sauce Brussels Sprouts Fruit Cocktail</p>	<p>15</p> <p>Breaded Pork Chop with Sauce & Apple Bits Home Fries Diced Beets Pumpkin Pudding with Cream</p>
<p>18</p> <p>Vegetable Chow Mein with Water Chestnuts Chow Mein Noodles Brown Rice Pilaf with Black Beans Capri Vegetables Tapioca Pudding with Mandarin Oranges</p>	<p><i>Welcome Spring!</i> 19</p> <p>Cavatappi & Cheese with Ham Mixed Vegetables Spinach Pineapple Tidbits</p> 	<p>20</p> <p>Roast Turkey with Cranberry Apple Gravy Mashed Potatoes Carrots Pumpkin Custard</p>	<p>21</p> <p>Roast Pork with Sauce Mashed Yams Peas & Onions Oatmeal Raisin Cookie</p>	<p>22</p> <p>Beef Burgundy with Onions & Mushrooms Egg Noodles Sliced Carrots Green Beans Oranges</p>
<p>25</p> <p>Spinach, Cheddar & Ricotta Pie with Zucchini & Summer Squash Home Fries Capri Blend Vegetables Applesauce with Cinnamon</p>	<p>26</p> <p>Chicken Breast with Onions, Peppers & Mushrooms Maple Baked Beans Broccoli Florets Ricotta Cheese Cookie with Craisins & Dates</p>	<p>27</p> <p>Turkey Burger with Vegetable Gravy Mashed Potatoes Brussels Sprouts Peach & Craisin Crisp</p>	<p>28</p> <p>Beef & Cheddar Burger Baked Beans Sliced Carrots with Parsley Orange</p>	<p>29</p> <p>Pork Loin with Apple Cider Sauce Diced Home Fries Green Beans Carrot Raisin Cookie</p>
<p><i>Milk & bread are served with meals. Dietetic dessert is available upon request. Menu is subject to change.</i></p>				