

Friendly Meals Menu

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>1 Chicken with Marsala Sauce & Mushrooms Mashed Potatoes Carrots Blueberries & Strawberries in Yogurt</p>	<p>2 Glazed Beef Patty with Cheddar on a Hamburger Roll Baked Beans with Maple Syrup Brussels Sprouts Orange</p>	<p>3 Ham, Corn & Potato Chowder with Crackers Asian Vegetables Melon</p>
<p>6 Chicken-n-Biscuit Mashed Cauliflower Diced Carrots with Dill Granny Smith Apple</p>	<p>7 Beef Burgundy Rotini Noodles Harvard Beets Pineapple Tidbits</p>	<p>8 Lasagna Rollups with Marinara Meat Sauce Vegetable Blend Strawberry Cake with Icing </p>	<p>9 Cheese Omelet with Ham Home Fries with Onions & Peppers Broccoli Florets Orange Gelatin with Oranges</p>	<p>10 Roast Pork with Raisin Sauce Mashed Sweet Potatoes Scandinavian Veggies Apple Crisp with Topping</p>
<p>13 BBQ Salisbury Steak Diced Potatoes Baked Beans Peaches</p>	<p>14 Penne Pasta with Cheese & Canadian Bacon Green Beans Mandarin Oranges</p>	<p>15 Scalloped Potatoes with Ham & Cheddar Carrots Apple Crisp with Craisins & Cream</p>	<p>16 Chicken Breast with Vegetable Sweet-n-Sour Sauce Brown Rice Pilaf with Veggies & Cannellini Beans Brussels Sprouts Pineapple Tidbits</p>	<p>17 Roast Turkey with Gravy Diced Potatoes with Parsley Winter Squash Pumpkin Pudding with Cream</p>
<p>20 Macaroni & Cheese Broccoli Florets Sliced Carrots with Parsley Pears</p>	<p>21 Pork Loin with Applesauce Tater Tots Mixed Vegetables with Lima Beans Apricots</p>	<p>22 Roast Beef with Sauce Diced Potatoes with Parsley Green Beans Oatmeal Cookie</p>	<p>23 Turkey Vegetable Meatloaf with Sauce Mashed Potatoes Sliced Carrots Peaches & Pears</p>	<p>24 Spinach & Onion Quiche Mixed Vegetables Applesauce</p>
<p>27  MEMORIAL DAY <small>REMEMBER AND HONOR</small> Friendly Meals will be CLOSED in observance of the holiday.</p>	<p>28 Shepherd's Pie with Corn Mashed Potatoes Broccoli Florets Pumpkin Cookie with Raisins</p>	<p>29 Cheese Tortellini with Marinara Sauce & Sweet Italian Sliced Sausage Mixed Beans with Lemon Glaze Oranges with Cream</p>	<p>30 Broccoli & Cheddar Quiche Sliced Carrots Green & Waxed Beans Pineapple Orange Combo</p>	<p>31 Salisbury Steak with Gravy Home Fried Potatoes with Onions & Paprika Spinach Baked Sliced Apples with Cinnamon</p>

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