




# Friendly Meals Menu

Friendly Meals at the Keene Senior Center | 312 Marlboro Street | Mon-Fri at Noon

April  
2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> Pork Loin with Apple Cider Sauce Diced Home Fries Green Beans Carrot Raisin Cookie	<p>2</p> Spinach & Onion Quiche Breakfast Sausage Corn Banana Bread	<p>3</p> Chicken-n-Biscuit Mashed Cauliflower Diced Carrots Applesauce	<p>4</p> Pot Roast with Vegetable Sauce Boiled Parsley Potatoes Brussels Sprouts Fruit Crisp with Cream
<p>7</p> Vegetarian Minestrone Soup with Plant-based Beef & Crackers Peas & Onions Strawberry Yogurt Parfait	<p>8</p> Turkey a la King Mashed Potatoes Harvard Beets Pumpkin Cookie with Craisins	<p>9</p> Baked Ham with Raisin Sauce  Sweet Potatoes Capri Blend Vegetables Easter Cake with Icing	<p>10</p> BBQ Pork Loin Mashed Potatoes Brussels Sprouts Chocolate Chip & Date Cookie	<p>11</p> Au Gratin Potatoes with Diced Turkey & Cheddar Vegetable Blend with Lentils Apricots
<p>14</p> Cheese Omelet Home Fries Green Beans & Carrots Orange	<p>15</p> Baked Penne Pasta with Mozzarella & Ricotta & Beef Winter Blend Vegetables Fruit Cocktail	<p>16</p> Chicken Fingers with Sauce Home Fries Diced Carrots Apple Pie	<p>17</p> Beef with BBQ Sauce Baked Beans Broccoli Florets Peaches	<p>18</p> Chicken Tarragon Vegetable Brown Rice Pilaf Chopped Spinach Mandarin Oranges
<p>21</p> Three Cheese Rollette Green & Waxed Beans Winter Squash Fruit Salad	<p>22</p> Hungarian Goulash with Onions & Parsley Potatoes Brussels Sprouts Apple Crisp with Topping	<p>23</p> Meatloaf with Brown Sauce Garlic Home Fries Green Beans Ice Cream	<p>24</p> Homestyle Chicken Thigh with Gravy Mashed Potatoes Sliced Carrots with Parsley Pumpkin Custard with Cream	<p>25</p> Swedish Steak with Mushroom Sauce Vegetable Brown Rice Pilaf California Mixed Veggies Grapes
<p>28</p> Oven Roasted Pork Cutlet with Panko Crumbs & Apple Tidbit Sauce Sweet Potatoes Vegetable Blend Vanilla Pudding & Peaches	<p>29</p> Beef, Vegetable & Potato Stew with Beans & a Biscuit Broccoli Florets Pears	<p>30</p> Chicken with Mushrooms & Marsala Sauce Mashed Potatoes, Carrots Blueberries & Strawberries in Yogurt Pound Cake	 <p><b>Make Friendly Meals reservations by 10AM two days prior to the meal. RESERVATIONS: 1) Call 603-352-2253; 2) Sign up with Noelle in the dining room; OR 3) Put your name on the signup sheet at the Keene Senior Center.</b></p>	

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