

Friendly Meals Grab & Go Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Italian Chicken Fingers with Ginger Sauce Rice with Peas, Pearl Onions, Carrots & Cannellini Beans Broccoli Florets	2 BBQ Pork Rib Home Fried Potatoes Carrots Applesauce	3 Sliced Pot Roast Au Jus Home Fries Carrots & Cabbage Apple	4 Hot Turkey with Gravy Mashed Potatoes Winter Squash Fruit Cocktail	5 Chicken Marsala with Mushroom Sauce Mashed Cauliflower Green Beans Pineapple Upside Down
8 Minestrone with Chicken, Vegetables & Pasta Crackers Broccoli Florets Strawberry Shortcake with Cream	9 Shepherds Pie with Corn & Mashed Potatoes Diced Carrots Peaches	10 Beef Stew with Potatoes & Vegetables Brussels Sprouts Pears	11 Stuffed Chicken Breast with Ham & Cheese Stuffing Mashed Potatoes Baby Beets Strawberry Yogurt Cake	12 Beef Steak with Brown Sauce Home Fries Peas & Carrots Sliced Apple Cake with Cream
15 Pork & Vegetable Stew Four Bean Medley Pineapple Tidbits	16 Wheat Spaghetti with Meatballs & Marinara Sauce Spinach Sliced Carrots Orange Jell-O with Mandarin Oranges	17 Baked Mac & Cheese Brussels Sprouts Oriental Blend Vegetables Pumpkin Cookie with Craisins	18 Sweet Baby Ray's BBQ Pork Vegetable Rice Pilaf Broccoli Florets Applesauce	19 Mild Vegetarian Chili with Bulgar Wheat Wild Rice Pilaf with Vegetables Peas & Carrots Peaches
22 Zucchini, Summer Squash & Onion Quiche Winter Mixed Vegetables Apricots	23 Swedish Meatballs with Sauce over Rotini Noodles Harvard Beets French Green Beans Pineapple Tidbits	24 Turkey Burger with Vegetables & Gravy Diced Potatoes Sliced Carrots Pumpkin Custard with Cream	25 Chicken-n-Biscuit Mashed Cauliflower Spinach Orange	26 Cheese Ravioli with Marinara Sauce Parmesan Cheese Peas Diced Carrots Fruited Yogurt Parfait

Friendly Meals Grab & Go Reservations:

Keene & Marlow 352-2253 | Stoddard 499-0081

Jaffrey 242-7986 | Hinsdale 903-4834

Grab & Go reservations are needed by Monday at 10am.

Milk and bread are served with meals.

A dietetic dessert is available upon request. The menu is subject to change.

