Friends House
community through caring

Week Three Fall Menu 2026

DM-Diabetic Meal,V-Vegetarian, GF- Gluten Free, VG- Vegan, SF- Soy Free

Monday 11/9/26	Tuesday 11/10/26	Wednesday 11/11/26	Thursday 11/12/26	Friday 11/13/26	Saturday 11/14/26	Sunday 11/15/26
Breakfast	**Breakfast**	**Breakfast**	**Breakfast**	**Breakfast**	**Breakfast**	**Breakfast**
Oatmeal Assorted Cold Cereals Veggies & Scrambled Eggs Breakfast Meat and Potato Fresh Fruit and Breakfast Bread Orange Juice Coffee, Tea,	Oatmeal Assorted Cold Cereals Scrambled Eggs Breakfast Meat and Potato Fresh Fruit and Breakfast Bread Orange Juice Coffee, Tea,	Oatmeal Assorted Cold Cereals Biscuit and Sausage Gravy Breakfast Meat and Potato Fresh Fruit Orange Juice Coffee, Tea,	Oatmeal Assorted Cold Cereals Crustless Quiche Breakfast Meat and Potato Fresh Fruit and Breakfast Bread Orange Juice Coffee, Tea,	Oatmeal Assorted Cold Cereals Cheese Omelet Breakfast Meat and Potato Fresh Fruit and Breakfast Bread Orange Juice Coffee, Tea,	Oatmeal Assorted Cold Cereals Scrambled Eggs Breakfast Meat and Potato Fresh Fruit and Breakfast Bread Orange Juice Coffee, Tea,	Oatmeal Assorted Cold Cereals Scrambled Eggs Breakfast Meat and Potato Fresh Fruit and Breakfast Bread Orange Juice Coffee, Tea,
Lunch	**Lunch**	**Lunch**	**Lunch**	**Lunch**	**Lunch**	**Lunch**
Lentil and Tomato Soup (v) Tomato Cucumber salad Turkey Cheese Croissant w/Let. Tom. Bacon, Lettuce, Tomato Sandwich Vegetable Quiche (V) Potato Salad Steamed Broccoli Chocolate Pudding Parfait	Loaded Potato Soup Broccoli Salad Roast Beef, Cheddar on Rye House Salad with Chicken Salad on top Vegetable Pasta w/ Butter noodles (V) Onion Rings Peas and Mushrooms Mandarin Oranges	Turkey Noodle Chickpea Salad Philly Cheese Steak Grilled Chicken Honey Mustard Swiss Let. Tom. Croissant (V) Tator Tots Baby Carrots/Green beans Peaches Orange Crème	Maryland Crab Soup Spinach Salad Ham, Cheese on White Meatball Sub Veg. Garden Burger(V) Sweet Potato Fries Lima Beans Fresh Mixed Fruits	French Onion Soup (V) Edamame & Corn Salad Chicken Tortellini Alfredo Egg Salad on Wheat Veg. Chicken Parmesan (V) Cut Green Beans Roasted Vegetables Diced Pears	Past Fagioli House Salad Pulled BBQ Beef Sandwich Rueben Sandwich Veg. Meatball Sub (v) Cole Slaw Steamed Corn Cottage Cheese with Fruit	Tomato Soup (v) Caesar Salad Tuna Melt on Wheat Italian Hoagie Grilled Cheese w/ Tomato (V) Macaroni Salad Roasted Asparagus tips Vanilla Pudding w/Banana
Dinner	**Dinner**	**Dinner**	**Dinner**	**Dinner**	**Dinner**	**Dinner**
Lentil and Tomato Soup (v) Mixed Green Salad Chicken Cordon Blue w/ Mustard Cream Sauce Liver and Onions (DM) Whipped Mash Potato Braised Cabbage and Apple Roasted Aspargus (DM) Yeast Roll Vegt. Chicken with Mustard Cream Sauce (V) Chocolate Chip Cookies	Loaded Potato Soup Chopped Garden Salad Chicken Shepards Pie Salisbury Steak w/ gravy Roasted Sweet Potato (DM) Roasted Garlic Cut Green Bean (DM) Carrots(DM) Hawaiian Roll Lentil Meatball w/ Marinara (V,VG,GF) German Chocolate Cake	Turkey Noodle House Salad Pesto Shrimp (DM) Beer Bratwurst with Sauerkraut Egg Noodles Sugar Snap Peas (DM) Mixed Vegetable (DM) Garlic Breadstick Curried Vegetable Stew (SF,V) Tiramisu	Maryland Crab Soup Asian Mandarin Salad w/Almonds Sweet and Sour Chicken Cajun Catfish (DM) Herbed Brown Rice (DM) Stir Fry Vegetables (DM) Egg Roll Yeast Roll Roasted Tofu (V, VG,GF) Apple Turnover	French Onion Soup (V) Caesar Salad Salmon Cake (DM) Greek Stuffed Chicken (Spinach & Feta) Mashed Potato w/ Leeks Roasted Butternut Squash (DM) Sauteed Spinach and Mushrooms (DM) Multigrain Roll Spinach Souffle(SF,V) Coconut Cake	Past Fagioli Spinach Salad Yankee Pot Roast (DM) Tilapia Vera Cruz Roasted Rosemary Potato (DM) Italian Green Beans (DM) Mixed Carrots Wheat Roll Vegt. Chicken w/Tomato Basil sauce (V) Marbled Brownie	Tomato Soup (V) Greek Salad Braised Rosemary Leg of Lamb (DM) Honey Glazed Pork Roast Wild Rice (DM) Steamed Broccoli (DM) Basil lima Beans Yeast roll Vegt. Beef and Broccoli (V) Carrot Cake