



Friendship Trays Lunch Menu – August 2018

Menus are for regular diets; physician ordered therapeutic or special diets may have menu substitutions.

Menu Subject to change without notice. Menus approved by Kelly Vass, MS, RD, LDN

Monday	Tuesday	Wednesday	Thursday	Friday
		1) Hamburger Cinnamon Pineapple Broccoli Macaroni Salad Lettuce, Tomato, Onion Assorted Bun Condiment Packets	2) Teriyaki Chicken Fried Rice Squash and Zucchini Vegetable Salad Mandarin Oranges Assorted Cookie	3) Smoked Turkey Salad Glazed Carrots Creamed Corn Cinnamon Pears Vegetable Salad Assorted Crackers or Bread
6) Pork Chop Mixed Greens Roasted Sweet Potatoes Applesauce Vegetable Salad Assorted Bread	7) Open Faced Turkey Sandwich Mashed Cauliflower Green Beans Fresh Apple Potato Salad Assorted Bun	8) Beef Teriyaki Oriental Blend Mashed Potatoes Vegetable Salad Mixed Fruit w/Blueberries Assorted Cookie	9) Chicken Fajitas Red Beans and Rice Cinnamon Peaches Lettuce and Tomato Shredded Cheese Flour Tortillas Sour Cream Packet	10) Chicken Curry Salad Broccoli Gingered Carrots Cinnamon Pears Coleslaw Assorted Crackers or Bread
13) Swedish Meatballs Poppy Seed Noodles Carrots with Peas Mixed Fruit w/Blueberries Chocolate Pudding Assorted Bread	14) Baked Italian Chicken Stuffing Dill Green Beans Applesauce Vegetable Salad Angel Food Cake	15) Grilled Chicken Sandwich Yellow Squash w/Peppers Broccoli Fresh Apple Lettuce, Tomato, Onion Assorted Bun Condiment Packets	16) Baked Fish Fillet Corn Stewed Tomatoes Coleslaw Mandarin Oranges Cornbread	17) Chopped BBQ Chicken Beets Wax Beans Pineapple Macaroni Salad Assorted Bun
20) Pork Loin w/ Mustard Sauce Cinnamon Apples Green Beans Potato Salad Vegetable Salad Banana Pudding w/Vanilla Wafers	21) Sante Fe Chicken Tenders Spinach Roasted Potatoes Vegetable Salad Fresh Fruit Assorted Bread	22) Citrus Chicken Thighs Stir Fried Cabbage Carrots Dill Cucumber Salad Cranberry Pineapple Gelatin Salad Assorted Cookie	23) BBQ Meatballs Baked Beans Broccoli with Cauliflower Fresh Apple Assorted Pudding Assorted Bread	24) Chicken Salad Italian Blend Vegetables Lima Beans Cinnamon Pears Vegetable Salad Angel Food Cake
27) Sweet 'n Sour Pork Chop Rice Greens Vegetable Salad Pineapple Assorted Bread	28) Spaghetti w/Meat Sauce Roasted Cauliflower Glazed Carrots Mixed Fruit w/Blueberries Vegetable Salad Assorted Bread	29) Hawaiian Chicken Green Peas Ratatouille Mandarin Oranges Vegetable Salad Assorted Cake	30) Tuna Salad Creamed Corn French Cut Green Beans Cinnamon Peaches Coleslaw Assorted Crackers or Bread	31) Beef Stroganoff Cavatappi Broccoli Vegetable Salad Fresh Apple Assorted Cookie