



# Friendship Trays Lunch Menu – February 2017

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

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
1/30) Swedish Meatballs Poppy Seed Noodles Carrots with Peas Mixed Fruit w/blueberries Chocolate Pudding Assorted Bread	1/31) Chicken Tenders <small>w/ vegetables</small> Stuffing Dill Green Beans Pears Three Bean Salad Angel Food Cake	1) Baked Ziti Squash w/Peppers Broccoli Mixed Fruit Vegetable Salad Assorted Bread	2) Chopped BBQ Chicken Dilled Carrots Wax Beans Pineapple Macaroni Salad Assorted Bun	3) Baked Fish Fillet Corn Stewed Tomatoes Coleslaw Mandarin Oranges Cornbread
6) Hungarian Goulash Seasoned Noodles Lima Beans Peaches Vegetable Salad Angel Food Cake	7) Baked Italian Chicken Tenders French Green Beans White Beans w/Tomatoes Vegetable Salad Cinnamon Apples Assorted Bread	8) Turkey Ham and Hash Brown Casserole Stir Fried Cabbage Carrots Vegetable Salad Peaches Assorted Bread	9) Turkey Tacos Red Beans and Rice Cinnamon Peaches Lettuce and Tomato Shredded Cheese Flour Tortillas Sour Cream Packet	10) Chicken Divan Italian Blend Vegetables Rice Pilaf Vegetable Salad Pears Assorted Brea
13) Sweet n Sour Pork Rice Italian Green Beans Vegetable Salad Pineapple Assorted Bread	14) Spaghetti w/Meat Sauce Roasted Cauliflower Glazed Carrots Mixed Fruit Vegetable Salad Assorted Bread	15) Grilled Sausage w/Peppers and Onions Green Peas Yellow Squash Casserole Mandarin Oranges Vegetable Salad Hotdog Bun	16) Herb Baked Fish Creamed Corn French Cut Green Beans Applesauce Coleslaw Chocolate Cake	17) Turkey Chili Broccoli Mashed Potatoes Vegetable Salad Pineapple Assorted Bread
20) Baked Chicken Macaroni and Cheese Creamed Spinach Cold Pea Salad Peachs Assorted Bread	21) Italian Meatball Sandwich Scandinavian Vegetables Scalloped Potatoes Fruit Salad w/Blueberries Shredded Mozzarella Hot Dog Bun	22) Hamburger Cinnamon Peaches Broccoli Macaroni Salad Lettuce, Tomato, Onion Assorted Bun Condiment Packets	23) Teriyaki Chicken Fried Rice Squash and Zucchini Vegetable Salad Mandarin Oranges Gingerbread	24) Sloppy Joe Green Beans Mashed Cauliflower Pears Potato Salad Assorted Bun
27) BBQ Meatballs Baked Beans Winter Blend Applesauce Assorted Pudding Assorted Bread	28) Chicken and Rice Green Beans Stir Fried Cabbage w/Peppers Vegetable Salad Mixed Fruit w/Craisins Assorted Bread	3/1) Beef Stew Peas and Carrots Stewed Tomatoes Cole Slaw Mixed Fruit Assorted Bun	3/2) Turkey Tacos Black Beans Cinnamon Pears Lettuce and Tomato Shredded Cheese Flour Tortillas Sour Cream Packet	3/3) Tuna Noodle Casserole Peas California Blend Vegetable Salad Pineapple Assorted Bread