



Friendship Trays Lunch Menu – January 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) Happy New Year	2) Stewed Pork Black-eyed Peas Collard Greens Assorted Cookie Peaches Cornbread	3) Italian Meatball Sandwich Scandinavian Vegetables Scalloped Potatoes Fruit Salad w/Blueberries Shredded Mozzarella Hot Dog Bun	4) Teriyaki Chicken Fried Rice Squash and Zucchini Vegetable Salad Mandarin Oranges Gingerbread	5) Chicken Chili Glazed Carrots Creamed Corn Mixed Fruit w/Craisins Vegetable Salad Assorted Bread
8) BBQ Meatballs Baked Beans Winter Blend Applesauce Assorted Pudding Assorted Bread	9) Open Faced Turkey w/ Bun Mashed Cauliflower Green Beans Pears Pumpkin Cake Potato Salad	10) Beef Teriyaki Oriental Blend Mashed Potatoes Vegetable Salad Mixed Fruit Cherry Chocolate Cake	11) Chicken Tetrizzini Broccoli Gingered Carrots Cinnamon Pears Vegetable Salad Assorted Bread	12) Cubed Pork Mixed Greens Roasted Sweet Potatoes Pineapple Vegetable Salad Assorted Crackers
15) MLK Holiday	16) Baked Italian Chicken Stuffing Dill Green Beans Pears Three Bean Salad Angel Food Cake	17) Baked Ziti Yellow Squash w/Peppers Broccoli Cottage Cheese Peaches Assorted Bread	18) Baked Fish Fillet Corn Stewed Tomatoes Coleslaw Mandarin Oranges Cornbread	19) Chopped BBQ Chicken Beets Wax Beans Pineapple Macaroni Salad Assorted Bun
22) Pork with Mustard Sauce Cinnamon Apples Parisienne Green Beans Potato Salad Vegetable Salad Banana Pudding w/Vanilla Wafers	23) Sante Fe Glazed Chicken Tenders Spinach Roasted Potatoes Vegetable Salad Cinnamon Apples Assorted Bread	24) Pasta Carbonara Stir Fried Cabbage Carrots Dill Cucumber Salad Cranberry Pineapple Gelatin Salad Assorted Bread	25) Chicken Fajitas Red Beans and Rice Cinnamon Peaches Lettuce and Tomato Shredded Cheese Flour Tortillas Sour Cream Packet	26) Chicken with Orzo Italian Blend Vegetables Lima Beans Cinnamon Pears Vegetable Salad Angel Food Cake
29) Sweet 'n Sour Pork Rice Greens Vegetable Salad Pineapple Assorted Bread	30) Spaghetti w/Meat Sauce Roasted Cauliflower Glazed Carrots Mixed Fruit Vegetable Salad Assorted Bread	31) Hawaiian Chicken Green Peas Ratatouille Mandarin Oranges Vegetable Salad Assorted Bread	2/1) Herb Baked Fish Creamed Corn French Cut Green Beans Applesauce Coleslaw Chocolate Cake	2/2) Beef Stroganoff Cavatappi Broccoli Vegetable Salad Pineapple Assorted Bread