



Friendship Trays Lunch Menu – March 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

Monday	Tuesday	Wednesday	Thursday	Friday
		1) Beef Stew Peas and Carrots Stewed Tomatoes Cole Slaw Mixed Fruit Assorted Bun	2) Turkey Tacos Black Beans Cinnamon Pears Lettuce and Tomato Shredded Cheese Flour Tortillas Sour Cream Packet	3) Tuna Noodle Casserole Peas California Blend Vegetable Salad Pineapple Assorted Bread
6) Swedish Meatballs Poppy Seed Noodles Carrots with Peas Mixed Fruit w/blueberries Chocolate Pudding Assorted Bread	7) Chicken Tenders w/ vegetables Stuffing Dill Green Beans Pears Three Bean Salad Angel Food Cake	8) Baked Ziti Yellow Squash w/Peppers Broccoli Mixed Fruit Vegetable Salad Assorted Bread	9) Chopped BBQ Chicken Dilled Carrots Wax Beans Pineapple Macaroni Salad Assorted Bun	10) Baked Fish Fillet Corn Stewed Tomatoes Coleslaw Mandarin Oranges Cornbread
13) Hungarian Goulash Seasoned Noodles Zucchini Peaches Vegetable Salad Angel Food Cake	14) Baked Italian Chicken Tenders French Green Beans White Beans w/Tomatoes Vegetable Salad Cinnamon Apples Assorted Bread	15) Turkey Ham and Hashbrown Casserole Stir Fried Cabbage Carrots Vegetable Salad Peaches Assorted Bread	16) Turkey Tacos Red Beans and Rice Cinnamon Peaches Lettuce and Tomato Shredded Cheese Flour Tortillas Sour Cream Packet	17) Chicken Divan Italian Blend Vegetables Lima Beans Vegetable Salad Pears Assorted Brea
20) Sweet 'n Sour Pork Rice Italian Green Beans Vegetable Salad Pineapple Assorted Bread	21) Spaghetti w/Meat Sauce Roasted Cauliflower Glazed Carrots Mixed Fruit Vegetable Salad Assorted Bread	22) Grilled Sausage w/Peppers and Onions Green Peas Yellow Squash Casserole Mandarin Oranges Vegetable Salad Hotdog Bun	23) Herb Baked Fish Creamed Corn French Cut Green Beans Applesauce Coleslaw Chocolate Cake	24) Turkey Chili Broccoli Mashed Potatoes Vegetable Salad Pineapple Assorted Bread
27) Baked Chicken Macaroni and Cheese Creamed Spinach Cold Pea Salad Peachs Assorted Bread	28) Italian Meatball Sandwich Scandinavian Vegetables Scalloped Potatoes Fruit Salad w/Blueberries Shredded Mozzarella Hot Dog Bun	29) Hamburger Cinnamon Peaches Broccoli Macaroni Salad Lettuce, Tomato, Onion Assorted Bun Condiment Packets	30) Teriyaki Chicken Fried Rice Squash and Zucchini Vegetable Salad Mandarin Oranges Gingerbread	31) Sloppy Joe Green Beans Mashed Cauliflower Pears Potato Salad Assorted Bun