



Friendship Trays Lunch Menu – November 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 Teriyaki Oriental Blend Mashed Potatoes Vegetable Salad Mixed Fruit Cherry Chocolate Cake	2) Chicken Tetrizzini Broccoli Gingered Carrots Cinnamon Pears Vegetable Salad Assorted Bread	3) Cubed Pork Mixed Greens Roasted Sweet Potatoes Pineapple Vegetable Salad Assorted Crackers
6) Swedish Meatballs Poppy Seed Noodles Carrots with Peas Mixed Fruit w/Blueberries Chocolate Pudding Assorted Bread	7) Baked Italian Chicken Stuffing Dill Green Beans Pears Three Bean Salad Angel Food Cake	8) Baked Ziti Yellow Squash w/Peppers Broccoli Cottage Cheese Peaches Assorted Bread	9) Baked Fish Fillet Corn Stewed Tomatoes Coleslaw Mandarin Oranges Cornbread	10) Chopped BBQ Chicken Beets Wax Beans Pineapple Macaroni Salad Assorted Bun
13) Pork with Mustard Sauce Cinnamon Apples Parisienne Green Beans Potato Salad Vegetable Salad Banana Pudding w/Vanilla Wafers	14) Sante Fe Glazed Chicken Tenders Spinach Roasted Potatoes Vegetable Salad Cinnamon Apples Assorted Bread	15) Pasta Carbonara Stir Fried Cabbage Carrots Dill Cucumber Salad Cranberry Pineapple Gelatin Salad Assorted Bread	16) Chicken Fajitas Red Beans and Rice Cinnamon Peaches Lettuce and Tomato Shredded Cheese Flour Tortillas Sour Cream Packet	17) Chicken with Orzo Italian Blend Vegetables Lima Beans Cinnamon Pears Vegetable Salad Angel Food Cake
20) Sweet 'n Sour Pork Rice Greens Vegetable Salad Pineapple Assorted Bread	21) Spaghetti w/Meat Sauce Roasted Cauliflower Glazed Carrots Mixed Fruit Vegetable Salad Assorted Bread	22) Turkey with Gravy Bread Dressing Green Bean Casserole Cranberry Relish Thanksgiving Pie Assorted Roll	23) Happy Thanksgiving	24) Happy Day After Thanksgiving
27) Italian Meatball Sandwich Scandinavian Vegetables Scalloped Potatoes Fruit Salad w/Blueberries Shredded Mozzarella Hot Dog Bun	28) Chopped BBQ Chicken Mixed Greens Creamed Corn Pears Cookie Assorted 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	