



Friendship Trays Lunch Menu – October 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
2) Swedish Meatballs Poppy Seed Noodles Carrots with Peas Mixed Fruit w/Blueberries Chocolate Pudding Assorted Bread	3) Baked Italian Chicken Stuffing Dill Green Beans Pears Three Bean Salad Angel Food Cake	4) Baked Ziti Yellow Squash w/Peppers Broccoli Cottage Cheese Peaches Assorted Bread	5) Baked Fish Fillet Corn Stewed Tomatoes Coleslaw Mandarin Oranges Cornbread	6) Chopped BBQ Chicken Beets Wax Beans Pineapple Macaroni Salad Assorted Bun
9) Pork with Mustard Sauce Cinnamon Apples Parisienne Green Beans Potato Salad Vegetable Salad Banana Pudding w/Vanilla Wafers	10) Sante Fe Glazed Chicken Tenders French Green Beans Roasted Potatoes Vegetable Salad Cinnamon Apples Assorted Bread	11) Pasta Carbonara Stir Fried Cabbage Carrots Dill Cucumber Salad Cranberry Pineapple Gelatin Salad Assorted Bread	12) Chicken Fajitas Red Beans and Rice Cinnamon Peaches Lettuce and Tomato Shredded Cheese Flour Tortillas Sour Cream Packet	13) Chicken with Orzo Italian Blend Vegetables Lima Beans Cinnamon Pears Vegetable Salad Angel Food Cake
16) Sweet 'n Sour Pork Rice Greens Vegetable Salad Pineapple Assorted Bread	17) Frittata Sweet Potato Hash Sausage Citrus Sections Yogurt Harvest Bread	18) Hawaiian Chicken Green Peas Ratatouille Mandarin Oranges Vegetable Salad Assorted Bread	19) Herb Baked Fish Creamed Corn French Cut Green Beans Applesauce Coleslaw Chocolate Cake	20) Beef Stroganoff Cavatappi Broccoli Vegetable Salad Pineapple Assorted Bread
23) Rotisserie Chicken Macaroni and Cheese Creamed Spinach Assorted Gelatin Pears Assorted Bread	24) Italian Meatball Sandwich Scandinavian Vegetables Scalloped Potatoes Fruit Salad w/Blueberries Shredded Mozzarella Hot Dog Bun	25) Hamburger Cinnamon Peaches Broccoli Macaroni Salad Lettuce, Tomato, Onion Assorted Bun Condiment Packets	26) Teriyaki Chicken Fried Rice Squash and Zucchini Vegetable Salad Mandarin Oranges Gingerbread	27) Chicken Chili Glazed Carrots Creamed Corn Mixed Fruit w/Craisins Vegetable Salad Assorted Bread
30) BBQ Meatballs Baked Beans Winter Blend Applesauce Assorted Pudding Assorted Bread	31) Open Faced Turkey Sandwich Mashed Cauliflower Green Beans Pears Pumpkin Cake Potato Salad Assorted Bun			