



Friendship Trays Lunch Menu – October 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) Sweet 'n Sour Pork Chop Rice Greens Vegetable Salad Pineapple Assorted Bread	2) Spaghetti w/Meat Sauce Roasted Cauliflower Glazed Carrots Mixed Fruit w/Blueberries Vegetable Salad Assorted Bread	3) Hawaiian Chicken Green Peas Ratatouille Mandarin Oranges Vegetable Salad Assorted Cake	4) Herb Baked Fish Creamed Corn French Cut Green Beans Cinnamon Peaches Coleslaw Assorted Crackers or Bread	5) Beef Stroganoff Cavatappi Broccoli Vegetable Salad Fresh Apple Assorted Cookie
8) Rotisserie Chicken Macaroni and Cheese Creamed Spinach Assorted Gelatin Mixed Fruit w/Craisins Assorted Bread	9) Italian Meatball Sandwich Scandinavian Vegetables Scalloped Potatoes Fruit Salad w/Blueberries Shredded Mozzarella Hot Dog Bun	10) Hamburger Cinnamon Pineapple Broccoli Macaroni Salad Lettuce, Tomato, Onion Assorted Bun Condiment Packets	11) Teriyaki Chicken Fried Rice Squash and Zucchini Vegetable Salad Mandarin Oranges Assorted Cookie	12) Chili with Beans Glazed Carrots Mashed Cauliflower Cinnamon Pears Vegetable Salad Assorted Bread
15) Pork Chop Mixed Greens Roasted Sweet Potatoes Applesauce Vegetable Salad Assorted Bread	16) Grilled Chicken Sandwich Yellow Squash w/Peppers Broccoli Fresh Apple Lettuce, Tomato, Onion Assorted Bun Condiment Packets	17) Beef Teriyaki Oriental Blend Mashed Potatoes Vegetable Salad Mixed Fruit w/Blueberries Assorted Cookie	18) Chicken Fajitas Red Beans and Rice Cinnamon Peaches Lettuce and Tomato Shredded Cheese Flour Tortillas Sour Cream Packet	19) Chicken Tetrazzini Broccoli Gingered Carrots Cinnamon Pears Vegetable Salad Assorted Bread
22) Swedish Meatballs Poppy Seed Noodles Carrots with Peas Mixed Fruit w/Blueberries Chocolate Pudding Assorted Bread	23) Baked Italian Chicken Stuffing Dill Green Beans Applesauce Vegetable Salad Angel Food Cake	24) Turkey on Bun Mashed Cauliflower Green Beans Fresh Apple Potato Salad Assorted Bun	25) Baked Fish Fillet Corn Stewed Tomatoes Coleslaw Mandarin Oranges Cornbread	26) Chopped BBQ Chicken Beets Wax Beans Pineapple Macaroni Salad Assorted Bun
29) Pork Loin w/ Mustard Sauce Cinnamon Apples Green Beans Potato Salad Vegetable Salad Banana Pudding w/Vanilla Wafers	30) Sante Fe Chicken Tenders Spinach Roasted Potatoes Vegetable Salad Fresh Fruit Assorted Bread	31) Citrus Chicken Thighs Stir Fried Cabbage Carrots Dill Cucumber Salad Cranberry Pineapple Gelatin Salad Assorted Cookie		