



# Friendship Trays Lunch Menu – September 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
3) Labor Day Holiday	4) Turkey Patty Mashed Potatoes Green Beans Peaches Assorted Cookie Assorted Bread	5) Italian Meatball Sandwich Scandinavian Vegetables Scalloped Potatoes Fruit Salad Shredded Mozzarella Hot Dog Bun	6) Hamburger Cinnamon Pineapple Broccoli Macaroni Salad Lettuce, Tomato, Onion Assorted Bun Condiment Packets	7) Smoked Turkey Salad Glazed Carrots Creamed Corn Cinnamon Pears Vegetable Salad Assorted Crackers or Bread
10) Pork Chop Mixed Greens Roasted Sweet Potatoes Applesauce Vegetable Salad Assorted Bread	11) Open Faced Turkey Sandwich Mashed Cauliflower Green Beans Fresh Apple Potato Salad Assorted Bun	12) Beef Teriyaki Oriental Blend Mashed Potatoes Vegetable Salad Mixed Fruit w/Blueberries Assorted Cookie	13) Chicken Fajitas Red Beans and Rice Cinnamon Peaches Lettuce and Tomato Shredded Cheese Flour Tortillas Sour Cream Packet	14) Chicken Curry Salad Broccoli Gingered Carrots Cinnamon Pears Coleslaw Assorted Crackers or Bread
17) Swedish Meatballs Poppy Seed Noodles Carrots with Peas Mixed Fruit w/Blueberries Chocolate Pudding Assorted Bread	18) Baked Italian Chicken Stuffing Dill Green Beans Applesauce Vegetable Salad Angel Food Cake	19) Grilled Chicken Sandwich Yellow Squash w/Peppers Broccoli Fresh Apple Lettuce, Tomato, Onion Assorted Bun Condiment Packets	20) Baked Fish Fillet Corn Stewed Tomatoes Coleslaw Mandarin Oranges Cornbread	21) Chopped BBQ Chicken Beets Wax Beans Pineapple Macaroni Salad Assorted Bun
24) Pork Loin w/ Mustard Sauce Cinnamon Apples Green Beans Potato Salad Vegetable Salad Banana Pudding w/Vanilla Wafers	25) Sante Fe Chicken Tenders Spinach Roasted Potatoes Vegetable Salad Fresh Fruit Assorted Bread	26) Citrus Chicken Thighs Stir Fried Cabbage Carrots Dill Cucumber Salad Cranberry Pineapple Gelatin Salad Assorted Cookie	27) BBQ Meatballs Baked Beans Broccoli with Cauliflower Fresh Apple Assorted Pudding Assorted Bread	28) Chicken Salad Italian Blend Vegetables Lima Beans Cinnamon Pears Vegetable Salad Angel Food Cake
10/1) Sweet 'n Sour Pork Chop Rice Greens Vegetable Salad Pineapple Assorted Bread	10/2) Spaghetti w/Meat Sauce Roasted Cauliflower Glazed Carrots Mixed Fruit w/Blueberries Vegetable Salad Assorted Bread	10/3) Hawaiian Chicken Green Peas Ratatouille Mandarin Oranges Vegetable Salad Assorted Cake	10/4) Tuna Salad Creamed Corn French Cut Green Beans Cinnamon Peaches Coleslaw Assorted Crackers or Bread	10/5) Beef Stroganoff Cavatappi Broccoli Vegetable Salad Fresh Apple Assorted Cookie