



Friendship Trays Lunch Menu – August 2019

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) Chopped BBQ Chicken Beets Wax Beans Pineapple Macaroni Salad Assorted Bun	2) Baked Fish Fillet Corn Fruited Salsa Coleslaw Mandarin Oranges Tortilla
5) Pork Loin w/ Mustard Sauce Cinnamon Apples Green Beans Potato Salad Vegetable Salad Banana Pudding w/Vanilla Wafers	6) Chicken Salad Spinach Roasted Potatoes Vegetable Salad Fresh Fruit Assorted Bread	7) BBQ Meatballs Baked Beans Broccoli with Cauliflower Peaches Assorted Pudding Assorted Bread	8) Citrus Chicken Thighs Stir Fried Cabbage Carrots Vegetable Salad Assorted Cookie Assorted Bread	9) Baked Ziti Italian Blend Vegetables Brussels Sprouts Cinnamon Pears Vegetable Salad Angel Food Cake
12) Sweet 'n Sour Pork Chop Rice Greens Vegetable Salad Pineapple Assorted Bread	13) Spaghetti w/Meat Sauce Roasted Cauliflower Glazed Carrots Mixed Fruit w/Blueberries Vegetable Salad Assorted Bread	14) Hawaiian Chicken Green Peas Ratatouille Mandarin Oranges Vegetable Salad Assorted Cake	15) Tuna Salad Creamed Corn French Cut Green Beans Cinnamon Peaches Coleslaw Assorted Crackers or Bread	16) Beef Stroganoff Cavatappi Broccoli Vegetable Salad Fresh Apple Assorted Cookie
19) Rotisserie Chicken Macaroni and Cheese Creamed Spinach Vegetable Salad Mixed Fruit w/Craisins Assorted Bread	20) Turkey on Bun Mashed Cauliflower Green Beans Fresh Apple Vegetable Salad Assorted Bun	21) Smoked Turkey Salad Glazed Carrots Mashed Cauliflower Cinnamon Pears Vegetable Salad Assorted Bread	22) Teriyaki Chicken Fried Rice Squash and Zucchini Vegetable Salad Mandarin Oranges Assorted Cookie	23) Hamburger Broccoli Macaroni and Cheese Cinnamon Pineapple Lettuce, Tomato, Onion Assorted Bun Condiment Packets
26) Pork Chop Mixed Greens Roasted Sweet Potatoes Applesauce Vegetable Salad Assorted Bread	27) Grilled Chicken Sandwich Yellow Squash w/Peppers Broccoli Fresh Apple Lettuce, Tomato, Onion Assorted Bun Condiment Packets	28) Beef Teriyaki Asian Blend Mashed Potatoes Vegetable Salad Mixed Fruit w/Blueberries Assorted Cookie	29) Chicken Fajitas Red Beans and Rice Cinnamon Peaches Lettuce and Tomato Shredded Cheese Flour Tortillas Sour Cream Packet	30) Chicken Salad Snow Peas Gingered Carrots Cinnamon Pears Vegetable Salad Assorted Bread