



# Friendship Trays Lunch Menu – December 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) Pork Loin w/ Mustard Sauce Cinnamon Apples Green Beans Potato Salad Vegetable Salad Banana Pudding w/Vanilla Wafers	4) Sante Fe Chicken Tenders Spinach Roasted Potatoes Vegetable Salad Fresh Fruit Assorted Bread	5) Citrus Chicken Thighs Stir Fried Cabbage Carrots Dill Cucumber Salad Cranberry Pineapple Gelatin Salad Assorted Cookie	6) BBQ Meatballs Baked Beans Broccoli with Cauliflower Fresh Apple Assorted Pudding Assorted Bread	7) Baked Ziti Italian Blend Vegetables Brussels Sprouts Cinnamon Pears Vegetable Salad Angel Food Cake
10) Sweet 'n Sour Pork Chop Rice Greens Vegetable Salad Pineapple Assorted Bread	11) Spaghetti w/Meat Sauce Roasted Cauliflower Glazed Carrots Mixed Fruit w/Blueberries Vegetable Salad Assorted Bread	12) Hawaiian Chicken Green Peas Ratatouille Mandarin Oranges Vegetable Salad Assorted Cake	13) Herb Baked Fish Creamed Corn French Cut Green Beans Cinnamon Peaches Coleslaw Assorted Crackers or Bread	14) Beef Stroganoff Cavatappi Broccoli Vegetable Salad Fresh Apple Assorted Cookie
17) Rotisserie Chicken Macaroni and Cheese Creamed Spinach Assorted Gelatin Mixed Fruit w/Craisins Assorted Bread	18) Italian Meatball Sandwich Scandinavian Vegetables Scalloped Potatoes Fruit Salad w/Blueberries Shredded Mozzarella Hot Dog Bun	19) Hamburger Cinnamon Pineapple Broccoli Macaroni Salad Lettuce, Tomato, Onion Assorted Bun Condiment Packets	20) Teriyaki Chicken Fried Rice Squash and Zucchini Vegetable Salad Mandarin Oranges Assorted Cookie	21) Glazed Ham Sweet Potato Casserole French Green Beans Cranberry Orange Salad Holiday Dessert Assorted Bread
24) Friendship Trays Closed	25) Happy Holidays	26) Beef Teriyaki Oriental Blend Mashed Potatoes Vegetable Salad Mixed Fruit w/Blueberries Assorted Cookie	27) Chicken Fajitas Red Beans and Rice Cinnamon Peaches Lettuce and Tomato Shredded Cheese Flour Tortillas Sour Cream Packet	28) Chicken Tetrizzini Broccoli Gingered Carrots Cinnamon Pears Vegetable Salad Assorted Bread
31) Pork Stew Black-eyed Peas Seasoned Green Coleslaw Mandarin Oranges w/Pineapple Cornbread				