



Friendship Trays Lunch Menu – December 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
2) Rotisserie Chicken Pasta and Cheese Creamed Spinach Vegetable Salad Mixed Fruit Assorted Bread	3) Turkey Stroganoff Mixed Vegetables Broccoli Vegetable Salad Fresh Apple Assorted Cookie	4) Teriyaki Chicken Fried Rice Squash and Zucchini Vegetable Salad Mandarin Oranges Assorted Cookie	5) Italian Meatball Sandwich Scandinavian Vegetables Scalloped Potatoes Fruit Salad Shredded Mozzarella Hot Dog Bun	6) Hamburger Broccoli Pasta and Cheese Cinnamon Pineapple Lettuce, Tomato, Onion Assorted Bun Condiment Packets
9) Pork Chop Mixed Greens Roasted Sweet Potatoes Applesauce Vegetable Salad Assorted Bread	10) Chopped BBQ Chicken Baked Beans Squash w/Peppers Pineapple Vegetable Salad Assorted Bun	11) Beef Teriyaki Asian Blend Rice Vegetable Salad Mixed Fruit Assorted Cookie	12) Chicken Fajitas Red Beans and Rice Cinnamon Peaches Lettuce and Tomato Shredded Cheese Flour Tortillas Sour Cream Packet	13) Spaghetti w/Meat Sauce Broccoli Glazed Carrots Pears Vegetable Salad Assorted Bread
16) Pasta and Cheese Black-eyed Peas Mixed Greens Applesauce Vegetable Salad Angel Food Cake	17) Pork with Tomatoes Mashed Potatoes Green Beans Fresh Apple Vegetable Salad Assorted Bread	18) Swedish Meatballs Poppy Seed Pasta Carrots with Peas Mixed Fruit Chocolate Pudding Assorted Bread	19) Grilled Chicken Sandwich Yellow Squash w/Peppers Broccoli Fresh Apple Lettuce, Tomato, Onion Assorted Bun Condiment Packets	20) Baked Fish Fillet Corn Fruited Salsa Coleslaw Mandarin Oranges Tortilla
23) Glazed Ham Sweet Potato Casserole French Green Beans Cranberry Orange Salad Holiday Dessert Assorted Roll	24) Happy Holidays	25) Happy Holidays	26) Citrus Chicken Thighs Stir Fried Cabbage Peas and Carrots Vegetable Salad Assorted Cookie Assorted Bread	27) BBQ Meatballs Navy Beans and Peppers Broccoli with Cauliflower Peaches Assorted Pudding Assorted Bread
30) Chicken Tetrizzini Broccoli Gingered Carrots Applesauce Vegetable Salad Assorted Bread	31) Pork Stew Black-eyed Peas Seasoned Greens Vegetable Salad Mandarin Oranges Cornbread			