



Friendship Trays Lunch Menu – February 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) Chicken Tetrizzini Broccoli Gingered Carrots Cinnamon Pears Vegetable Salad Assorted Bread
4) Swedish Meatballs Poppy Seed Noodles Carrots with Peas Mixed Fruit w/Blueberries Chocolate Pudding Assorted Bread	5) Baked Italian Chicken Stuffing Dill Green Beans Applesauce Vegetable Salad Angel Food Cake	6) Turkey on Bun Mashed Cauliflower Green Beans Fresh Apple Potato Salad Assorted Bun	7) Chopped BBQ Chicken Beets Wax Beans Pineapple Macaroni Salad Assorted Bun	8) Baked Fish Fillet Corn Stewed Tomatoes Coleslaw Mandarin Oranges Cornbread
11) Pork Loin w/ Mustard Sauce Cinnamon Apples Green Beans Potato Salad Vegetable Salad Banana Pudding w/Vanilla Wafers	12) Sante Fe Chicken Tenders Spinach Roasted Potatoes Vegetable Salad Fresh Fruit Assorted Bread	13) Citrus Chicken Thighs Stir Fried Cabbage Carrots Dill Cucumber Salad Cranberry Pineapple Gelatin Salad Assorted Cookie	14) BBQ Meatballs Baked Beans Broccoli with Cauliflower Fresh Apple Assorted Pudding Assorted Bread	15) Baked Ziti Italian Blend Vegetables Brussels Sprouts Cinnamon Pears Vegetable Salad Angel Food Cake
18) Sweet 'n Sour Pork Chop Rice Greens Vegetable Salad Pineapple Assorted Bread	19) Spaghetti w/Meat Sauce Roasted Cauliflower Glazed Carrots Mixed Fruit w/Blueberries Vegetable Salad Assorted Bread	20) Hawaiian Chicken Green Peas Ratatouille Mandarin Oranges Vegetable Salad Assorted Cake	21) Herb Baked Fish Creamed Corn French Cut Green Beans Cinnamon Peaches Coleslaw Assorted Crackers or Bread	22) Beef Stroganoff Cavatappi Broccoli Vegetable Salad Fresh Apple Assorted Cookie
25) Rotisserie Chicken Macaroni and Cheese Creamed Spinach Assorted Gelatin Mixed Fruit w/Craisins Assorted Bread	26) Italian Meatball Sandwich Scandinavian Vegetables Scalloped Potatoes Fruit Salad w/Blueberries Shredded Mozzarella Hot Dog Bun	27) Hamburger Cinnamon Pineapple Broccoli Macaroni Salad Lettuce, Tomato, Onion Assorted Bun Condiment Packets	28) Teriyaki Chicken Fried Rice Squash and Zucchini Vegetable Salad Mandarin Oranges Assorted Cookie	