



Friendship Trays Lunch Menu – January 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) Happy New Year	2) Turkey on Bun Mashed Cauliflower Green Beans Fresh Apple Potato Salad Assorted Bun	3) Baked Fish Fillet Corn Stewed Tomatoes Coleslaw Mandarin Oranges Cornbread	4) Chopped BBQ Chicken Beets Wax Beans Pineapple Macaroni Salad Assorted Bun
7) Pork Loin w/ Mustard Sauce Cinnamon Apples Green Beans Potato Salad Vegetable Salad Banana Pudding w/Vanilla Wafers	8) Sante Fe Chicken Tenders Spinach Roasted Potatoes Vegetable Salad Fresh Fruit Assorted Bread	9) Citrus Chicken Thighs Stir Fried Cabbage Carrots Dill Cucumber Salad Cranberry Pineapple Gelatin Salad Assorted Cookie	10) BBQ Meatballs Baked Beans Broccoli with Cauliflower Fresh Apple Assorted Pudding Assorted Bread	11) Baked Ziti Italian Blend Vegetables Brussels Sprouts Cinnamon Pears Vegetable Salad Angel Food Cake
14) Sweet 'n Sour Pork Chop Rice Greens Vegetable Salad Pineapple Assorted Bread	15) Spaghetti w/Meat Sauce Roasted Cauliflower Glazed Carrots Mixed Fruit w/Blueberries Vegetable Salad Assorted Bread	16) Hawaiian Chicken Green Peas Ratatouille Mandarin Oranges Vegetable Salad Assorted Cake	17) Herb Baked Fish Creamed Corn French Cut Green Beans Cinnamon Peaches Coleslaw Assorted Crackers or Bread	18) Beef Stroganoff Cavatappi Broccoli Vegetable Salad Fresh Apple Assorted Cookie
21) Martin Luther King Holiday	22) Italian Meatball Sandwich Scandinavian Vegetables Scalloped Potatoes Fruit Salad w/Blueberries Shredded Mozzarella Hot Dog Bun	23) Hamburger Cinnamon Pineapple Broccoli Macaroni Salad Lettuce, Tomato, Onion Assorted Bun Condiment Packets	24) Teriyaki Chicken Fried Rice Squash and Zucchini Vegetable Salad Mandarin Oranges Assorted Cookie	25) Chili with Beans Glazed Carrots Mashed Cauliflower Cinnamon Pears Vegetable Salad Assorted Bread
28) Pork Chop Mixed Greens Roasted Sweet Potatoes Applesauce Vegetable Salad Assorted Bread	29) Grilled Chicken Sandwich Yellow Squash w/Peppers Broccoli Fresh Apple Lettuce, Tomato, Onion Assorted Bun Condiment Packets	30) Beef Teriyaki Oriental Blend Mashed Potatoes Vegetable Salad Mixed Fruit w/Blueberries Assorted Cookie	31) Chicken Fajitas Red Beans and Rice Cinnamon Peaches Lettuce and Tomato Shredded Cheese Flour Tortillas Sour Cream Packet	