



# Friendship Trays Lunch Menu – January 2020

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   |
|--|--|---|---|--|
| 12/30) Chicken Tetrizzini<br>Broccoli<br>Gingered Carrots<br>Applesauce<br>Vegetable Salad<br>Assorted Bread     | 12/31) Pork Stew<br>Black-eyed Peas<br>Seasoned Greens<br>Vegetable Salad<br>Mandarin Oranges<br>Cornbread         | 1) Happy New Year   | 2) Chicken Tacos<br>Glazed Carrots<br>Cinnamon Pears<br>Lettuce and Tomato<br>Shredded Cheese<br>Flour Tortillas<br>Sour Cream Packet             | 3) Baked Fish Fillet<br>Creamed Corn<br>French Cut Green Beans<br>Peaches<br>Coleslaw<br>Assorted Crackers or Bread                |
| 6) Rotisserie Chicken<br>Pasta and Cheese<br>Creamed Spinach<br>Vegetable Salad<br>Mixed Fruit<br>Assorted Bread | 7) Turkey Stroganoff<br>Mixed Vegetables<br>Broccoli<br>Vegetable Salad<br>Fresh Apple<br>Assorted Cookie          | 8) Teriyaki Chicken<br>Fried Rice<br>Squash and Zucchini<br>Vegetable Salad<br>Mandarin Oranges<br>Assorted Cookie                        | 9) Italian Meatball Sandwich<br>Scandinavian Vegetables<br>Scalloped Potatoes<br>Fruit Salad<br>Shredded Mozzarella<br>Hot Dog Bun                | 10) Hamburger<br>Broccoli<br>Pasta and Cheese<br>Cinnamon Pineapple<br>Lettuce, Tomato, Onion<br>Assorted Bun<br>Condiment Packets |
| 13) Pork Chop<br>Mixed Greens<br>Roasted Sweet Potatoes<br>Applesauce<br>Vegetable Salad<br>Assorted Bread       | 14) Chopped BBQ Chicken<br>Baked Beans<br>Squash w/Peppers<br>Pineapple<br>Vegetable Salad<br>Assorted Bun         | 15) Beef Teriyaki<br>Asian Blend<br>Rice<br>Vegetable Salad<br>Mixed Fruit<br>Assorted Cookie   | 16) Chicken Fajitas<br>Red Beans and Rice<br>Cinnamon Peaches<br>Lettuce and Tomato<br>Shredded Cheese<br>Flour Tortillas<br>Sour Cream Packet    | 17) Spaghetti w/Meat Sauce<br>Broccoli<br>Glazed Carrots<br>Pears<br>Vegetable Salad<br>Assorted Bread                             |
| 20) MLK Holiday  | 21) Pork with Tomatoes<br>Mashed Potatoes<br>Green Beans<br>Fresh Apple<br>Vegetable Salad<br>Assorted Bread       | 22) Swedish Meatballs<br>Poppy Seed Pasta<br>Carrots with Peas<br>Mixed Fruit<br>Chocolate Pudding<br>Assorted Bread                      | 23) Grilled Chicken Sandwich<br>Yellow Squash w/Peppers<br>Broccoli<br>Fresh Apple<br>Lettuce, Tomato, Onion<br>Assorted Bun<br>Condiment Packets | 24) Baked Fish Fillet<br>Corn<br>Fruited Salsa<br>Coleslaw<br>Mandarin Oranges<br>Tortilla   |
| 27) Baked Chicken w/Peppers<br>Spinach<br>Roasted Potatoes<br>Vegetable Salad<br>Fresh Fruit<br>Assorted Bread   | 28) Baked Ziti<br>Italian Blend Vegetables<br>Brussels Sprouts<br>Applesauce<br>Vegetable Salad<br>Angel Food Cake | 29) Pork Loin w/ Mustard<br>Sauce<br>Cinnamon Apples<br>Green Beans<br>Potato Salad<br>Vegetable Salad<br>Banana Pudding w/Vanilla Wafers | 30) Citrus Chicken Thighs<br>Stir Fried Cabbage<br>Peas and Carrots<br>Vegetable Salad<br>Assorted Cookie<br>Assorted Bread                       | 31) BBQ Meatballs<br>Navy Beans and Peppers<br>Broccoli with Cauliflower<br>Peaches<br>Assorted Pudding<br>Assorted Bread          |