



# Friendship Trays Lunch Menu – July 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) Pork Loin w/ Mustard Sauce Cinnamon Apples Green Beans Potato Salad Vegetable Salad Banana Pudding w/Vanilla Wafers	2) Chicken Salad Spinach Roasted Potatoes Vegetable Salad Fresh Fruit Assorted Bread	3) Hamburger Broccoli Macaroni and Cheese Cinnamon Pineapple Lettuce, Tomato, Onion Assorted Bun Condiment Packets	4) July 4 <sup>th</sup> Holiday	5) No Friendship Trays  Deliveries
8) Chicken Tetrizzini Roasted Cauliflower w/Pimento Green Bean Medley Pudding Applesauce Assorted Bread	9) Baked Ziti Italian Blend Vegetables Brussels Sprouts Cinnamon Pears Vegetable Salad Angel Food Cake	10) Hawaiian Chicken Green Peas Ratatouille Mandarin Oranges Vegetable Salad Assorted Cake	11) Tuna Salad Creamed Corn French Cut Green Beans Cinnamon Peaches Coleslaw Assorted Crackers or Bread	12) Beef Stroganoff Cavatappi Broccoli Vegetable Salad Fresh Apple Assorted Cookie
15) Rotisserie Chicken Macaroni and Cheese Creamed Spinach Vegetable Salad Mixed Fruit w/Craisins Assorted Bread	16) Italian Meatball Sandwich Scandinavian Vegetables Scalloped Potatoes Fruit Salad w/Blueberries Shredded Mozzarella Hot Dog Bun	17) Smoked Turkey Salad Glazed Carrots Mashed Cauliflower Cinnamon Pears Vegetable Salad Assorted Bread	18) Teriyaki Chicken Fried Rice Squash and Zucchini Vegetable Salad Mandarin Oranges Assorted Cookie	19) BBQ Meatballs Baked Beans Broccoli with Cauliflower Fresh Apple Assorted Pudding Assorted Bread
22) Pork Chop Mixed Greens Roasted Sweet Potatoes Applesauce Vegetable Salad Assorted Bread	23) Grilled Chicken Sandwich Yellow Squash w/Peppers Broccoli Fresh Apple Lettuce, Tomato, Onion Assorted Bun Condiment Packets	24) Beef Teriyaki Asian Blend Mashed Potatoes Vegetable Salad Mixed Fruit w/Blueberries Assorted Cookie	25) Chicken Fajitas Red Beans and Rice Cinnamon Peaches Lettuce and Tomato Shredded Cheese Flour Tortillas Sour Cream Packet	26) Chicken Salad Broccoli Gingered Carrots Cinnamon Pears Vegetable Salad Assorted Bread
29) Baked Italian Chicken Stuffing Mixed Greens Applesauce Vegetable Salad Angel Food Cake	30) Turkey on Bun Mashed Cauliflower Green Beans Fresh Apple Vegetable Salad Assorted Bun	31) Swedish Meatballs Poppy Seed Noodles Carrots with Peas Mixed Fruit w/Blueberries Chocolate Pudding Assorted Bread		