



# Friendship Trays Lunch Menu – March 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) Chili with Beans Glazed Carrots Mashed Cauliflower Cinnamon Pears Vegetable Salad Assorted Bread
4) Pork Chop Mixed Greens Roasted Sweet Potatoes Applesauce Vegetable Salad Assorted Bread	5) Grilled Chicken Sandwich Yellow Squash w/Peppers Broccoli Fresh Apple Lettuce, Tomato, Onion Assorted Bun Condiment Packets	6) Beef Teriyaki Oriental Blend Mashed Potatoes Vegetable Salad Mixed Fruit w/Blueberries Assorted Cookie	7) Chicken Fajitas Red Beans and Rice Cinnamon Peaches Lettuce and Tomato Shredded Cheese Flour Tortillas Sour Cream Packet	8) Chicken Tetrizzini Broccoli Gingered Carrots Cinnamon Pears Vegetable Salad Assorted Bread
11) Swedish Meatballs Poppy Seed Noodles Carrots with Peas Mixed Fruit w/Blueberries Chocolate Pudding Assorted Bread	12) Baked Italian Chicken Stuffing Dill Green Beans Applesauce Vegetable Salad Angel Food Cake	13) Turkey on Bun Mashed Cauliflower Green Beans Fresh Apple Potato Salad Assorted Bun	14) Chopped BBQ Chicken Beets Wax Beans Pineapple Macaroni Salad Assorted Bun	15) Baked Fish Fillet Corn Stewed Tomatoes Coleslaw Mandarin Oranges Cornbread
18) Pork Loin w/ Mustard Sauce Cinnamon Apples Green Beans Potato Salad Vegetable Salad Banana Pudding w/Vanilla Wafers	19) Santé Fe Chicken Tenders Spinach Roasted Potatoes Vegetable Salad Fresh Fruit Assorted Bread	20) Citrus Chicken Thighs Stir Fried Cabbage Carrots Dill Cucumber Salad Cranberry Pineapple Gelatin Salad Assorted Cookie	21) BBQ Meatballs Baked Beans Broccoli with Cauliflower Fresh Apple Assorted Pudding Assorted Bread	22) Baked Ziti Italian Blend Vegetables Brussels Sprouts Cinnamon Pears Vegetable Salad Angel Food Cake
25) Sweet 'n Sour Pork Chop Rice Greens Vegetable Salad Pineapple Assorted Bread	26) Spaghetti w/Meat Sauce Roasted Cauliflower Glazed Carrots Mixed Fruit w/Blueberries Vegetable Salad Assorted Bread	27) Hawaiian Chicken Green Peas Ratatouille Mandarin Oranges Vegetable Salad Assorted Cake	28) Herb Baked Fish Creamed Corn French Cut Green Beans Cinnamon Peaches Coleslaw Assorted Crackers or Bread	29) Beef Stroganoff Cavatappi Broccoli Vegetable Salad Fresh Apple Assorted Cookie