



Friendship Trays Lunch Menu – March 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
2) Baked Chicken w/Peppers Spinach Roasted Potatoes Vegetable Salad Fresh Fruit Assorted Bread	3) Baked Ziti Italian Blend Vegetables Brussels Sprouts Applesauce Vegetable Salad Angel Food Cake	4) Pork Loin w/ Mustard Sauce Cinnamon Apples Green Beans Potato Salad Vegetable Salad Banana Pudding w/Vanilla Wafers	5) Citrus Chicken Thighs Stir Fried Cabbage Peas and Carrots Vegetable Salad Assorted Cookie Assorted Bread	6) BBQ Meatballs Navy Beans and Peppers Broccoli with Cauliflower Peaches Assorted Pudding Assorted Bread
9) Chicken Tetrazzini Broccoli Gingered Carrots Applesauce Vegetable Salad Assorted Bread	10) Sweet 'n Sour Pork Chop Rice Greens Vegetable Salad Pineapple Assorted Bread	11) Mixed Beans Seasoned Rice Ratatouille Mandarin Oranges Vegetable Salad Assorted Cake	12) Chicken Tacos Glazed Carrots Cinnamon Pears Lettuce and Tomato Shredded Cheese Flour Tortillas Sour Cream Packet	13) Baked Fish Fillet Creamed Corn French Cut Green Beans Peaches Coleslaw Cornbread
16) Rotisserie Chicken Pasta and Cheese Creamed Spinach Vegetable Salad Mixed Fruit Assorted Bread	17) Corned Beef Stir Fried Cabbage Roasted Potatoes Vegetable Salad Pears St. Patrick's Day Dessert	18) Teriyaki Chicken Fried Rice Squash and Zucchini Vegetable Salad Mandarin Oranges Assorted Cookie	19) Italian Meatball Sandwich Scandinavian Vegetables Scalloped Potatoes Fruit Salad Shredded Mozzarella Hot Dog Bun	20) Hamburger Broccoli Pasta and Cheese Cinnamon Pineapple Lettuce, Tomato, Onion Assorted Bun Condiment Packets
23) Pork Chop Mixed Greens Roasted Sweet Potatoes Applesauce Vegetable Salad Assorted Bread	24) Chopped BBQ Chicken Baked Beans Squash w/Peppers Pineapple Vegetable Salad Assorted Bun	25) Beef Teriyaki Asian Blend Rice Vegetable Salad Mixed Fruit Assorted Cookie	26) Chicken Fajitas Red Beans and Rice Cinnamon Peaches Lettuce and Tomato Shredded Cheese Flour Tortillas Sour Cream Packet	27) Spaghetti w/Meat Sauce Broccoli Glazed Carrots Pears Vegetable Salad Assorted Bread
30) Pasta and Cheese Black-eyed Peas Mixed Greens Applesauce Vegetable Salad Angel Food Cake	31) Pork with Tomatoes Mashed Potatoes Green Beans Fresh Apple Vegetable Salad Assorted Bread	4/1) Swedish Meatballs Poppy Seed Pasta Carrots with Peas Mixed Fruit Chocolate Pudding Assorted Bread	4/2) Grilled Chicken Sandwich Yellow Squash w/Peppers Broccoli Fresh Apple Lettuce, Tomato, Onion Assorted Bun Condiment Packets	4/3) Baked Fish Fillet Corn Fruited Salsa Coleslaw Mandarin Oranges Tortilla