



Friendship Trays Lunch Menu – November 2018

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
10/29) Pork Loin w/ Mustard Sauce Cinnamon Apples Green Beans Potato Salad Vegetable Salad Banana Pudding w/Vanilla Wafers	10/30) Sante Fe Chicken Tenders Spinach Roasted Potatoes Vegetable Salad Fresh Fruit Assorted Bread	10/31) Citrus Chicken Thighs Stir Fried Cabbage Carrots Dill Cucumber Salad Cranberry Pineapple Gelatin Salad Assorted Cookie	1) BBQ Meatballs Baked Beans Broccoli with Cauliflower Fresh Apple Assorted Pudding Assorted Bread	2) Baked Ziti Italian Blend Vegetables Brussels Sprouts Cinnamon Pears Vegetable Salad Angel Food Cake
5) Sweet 'n Sour Pork Chop Rice Greens Vegetable Salad Pineapple Assorted Bread	6) Spaghetti w/Meat Sauce Roasted Cauliflower Glazed Carrots Mixed Fruit w/Blueberries Vegetable Salad Assorted Bread	7) Hawaiian Chicken Green Peas Ratatouille Mandarin Oranges Vegetable Salad Assorted Cake	8) Herb Baked Fish Creamed Corn French Cut Green Beans Cinnamon Peaches Coleslaw Assorted Crackers or Bread	9) Beef Stroganoff Cavatappi Broccoli Vegetable Salad Fresh Apple Assorted Cookie
12) Rotisserie Chicken Macaroni and Cheese Creamed Spinach Assorted Gelatin Mixed Fruit w/Craisins Assorted Bread	13) Italian Meatball Sandwich Scandinavian Vegetables Scalloped Potatoes Fruit Salad w/Blueberries Shredded Mozzarella Hot Dog Bun	14) Hamburger Cinnamon Pineapple Broccoli Macaroni Salad Lettuce, Tomato, Onion Assorted Bun Condiment Packets	15) Teriyaki Chicken Fried Rice Squash and Zucchini Vegetable Salad Mandarin Oranges Assorted Cookie	16) Chili with Beans Glazed Carrots Mashed Cauliflower Cinnamon Pears Vegetable Salad Assorted Bread
19) Pork Chop Mixed Greens Roasted Sweet Potatoes Applesauce Vegetable Salad Assorted Bread	20) Grilled Chicken Sandwich Yellow Squash w/Peppers Broccoli Fresh Apple Lettuce, Tomato, Onion Assorted Bun Condiment Packets	21) Turkey w/gravy Stuffing Green Bean Casserole Cranberry Relish Pumpkin Dessert Assorted Bread	22) Happy Thanksgiving	23) Happy Day after Thanksgiving
26) Swedish Meatballs Poppy Seed Noodles Carrots with Peas Vanilla Wafers Peaches Assorted Bread	27) Chopped BBQ Chicken Dilled Carrots Wax Beans Pears Assorted Cookie Assorted Bun	28) Baked Italian Chicken Roasted Sweet Potatoes Dill Green Beans Applesauce Vegetable Salad Angel Food Cake	29) Baked Fish Fillet Corn Stewed Tomatoes Coleslaw Mandarin Oranges Cornbread	30) Turkey on Bun Mashed Cauliflower Green Beans Fresh Apple Potato Salad Assorted Bun