

Monday

Tuesday

Wednesday

Thursday






Friday

OCTOBER 2015

Friends Place Adult Day Services, DeSoto Lunch Menu

All meals served with Hot Bread and Iced Tea/Water unless

Otherwise noted. For NCS diets- ½ portion dessert or sugar free.

				
<p>5 Beef Pepper Steak Rice California Vegetables Coleslaw Salad Vanilla Pudding .</p>	<p>6 German Sausage w/ Sauerkraut Hot Potato Salad Scandinavian Vegetables Mixed Green Salad German Chocolate Cake .</p>	<p>7 Chicken Alfredo Italian Vegetables Garlic Bread Green Salad Neapolitan Ice Cream .</p>	<p>8 Salisbury Steak Baked Potato w/Toppings Green Beans Spinach Salad w/Mandarin Oranges Ambrosia .</p>	<p>9 Pulled Pork Sandwiches Corn Baked Apples Mixed Green Salad Chocolate Chip Cookies .</p>
<p>12 Oven Baked Chicken Roasted Potatoes Peas & Carrots Mixed Green Salad Strawberry Shortcake .</p>	<p>13 Cod Filets/ Lemon Wedges Hush Puppies Chopped Broccoli Tossed Green Salad Vanilla Ice Cream .</p>	<p>14 Beef Vegetable Stew Cornbread Fresh Fruit Green Salad Fresh Baked Cookies .</p>	<p>15 Spaghetti & Meatballs Italian Vegetables Garlic Bread Spinach Salad w/Mandarin Oranges Peach Cobbler .</p>	<p>16 Cheeseburgers on Wheat Buns Baked Chips Pinto Beans Tossed Green Salad Chocolate Pudding .</p>
<p>19 Meatloaf Mashed Potatoes Chopped Broccoli Green Salad Brownies .</p>	<p>20 Chicken Tetrazinni Mixed Vegetables Texas Toast Mixed Green Salad Peach Cobbler .</p>	<p>21 Grilled Cheese Sandwiches Green Beans Fruit Cup Spinach Salad w/Mandarin Oranges Chocolate Cake w/Icing .</p>	<p>22 Parmesan Crusted Chicken Rice Pilaf Scandinavian Vegetables Coleslaw Salad Sugar Cookies .</p>	<p>23 Smothered Steak Macaroni & Cheese Peas & Carrots Mixed Green Salad Ambrosia .</p>
<p>26 Baked Fish w/Lemon Wedge Seasoned Potatoes Baked Carrots Coleslaw Salad Sherbet .</p>	<p>27 Swedish Meatballs over Noodles Green Beans Green Salad Strawberry Shortcake .</p>	<p>28 Chicken Pot Pie Fresh Fruit Baked Sweet Potato Mixed Green Salad Ambrosia .</p>	<p>29 Beef Chili Chopped Broccoli Cornbread Green Salad Brownies .</p>	<p>30 BBQ Chicken Breast Mashed Potatoes Mixed Vegetables Coleslaw Salad Neapolitan Ice Cream .</p>

Approved by: Julie Pan R.D.

Date: Sept. 28, 2015