Monday	Tuesday	Wednesday	Thursday	Friday
January 2019 Friends Place Richardson	1 CLOSED FOR HOLIDAY	Macaroni & Beef Peas & Carrots Beets Green Salad Apple Cobbler	Baked Fish Seasoned Fries Broccoli Coleslaw Carrot Cake	3 Chicken Parmesan With Spaghetti Cascade Carrots Garlic Bread Caesar Salad Tapioca
Swiss Chicken 7 Rice Pilaf Peas Cole Slaw Pound Cake with toppings	Italian Flat Cut Beans Garlic Bread Cup of Vegetable Soup	Chicken Tenders Au Gratin Potatoes Squash Capri Caesar Salad Orange Fluff	Cheese Burger Roasted Potatoes Carrot Salad Green Salad Fresh Baked Cookie	Pork Rib Patty 11 Baked Beans Scandinavian Vegetables Spinach Salad Strawberry Shortcake
Cabbage Roll 14 Mashed Potatoes Italian Flat Cut Beans Caesar Salad Brownies	Baked Ham 15 Macaroni & Cheese Broccoli Green Salad Yogurt Parfait	Parmesan Crusted Fish 16 Roasted Sweet Potatoes Peas Cole Slaw Lemon Cake	BBQ Chicken Twice Baked Potatoes Squash Capri Spinach Salad Ambrosia	17 Steak Fingers/Gravy 18 Seasoned Fries Green Beans Caesar Salad Banana Pudding
Chicken Quesadilla 21 Mexican Rice Corn Soufflé Garden Salad Spice Cake	Salisbury Steak Scalloped Potatoes Peas Spinach Salad Cherry Cobbler	Bratwurst 23 Mashed Potatoes with Brown Gravy Green Beans Caesar Salad Pistachio Fluff	Moroccan Chicken Saffron Rice Squash Capri Lentil Soup Fresh Baked Cookie	24 Sliced Turkey 25 Cornbread Stuffing Broccoli Coleslaw Pineapple Upside down cake
Meatloaf Au Gratin Potatoes Peas & Carrots Spinach Salad Chocolate Pudding Menus approved by:	Garlic Herbed Chicken 29 Macaroni & Cheese Squash Capri Green Salad Cheese Cake with Toppings	Baked Fish 30 Rice Pilaf Scandinavian Vegetables Green Salad Strawberry Cake	Corn Cascade Carrots Cole Slaw Tapioca	All meals served with Iced Tea or Lemonade and Fresh Baked Bread unless otherwise indicated. For NCS diets-Fresh Fruit, ½ portion regular dessert or sugar free cookie/pudding is offered. For no added salt diets-Table salt is not available