

Monday

Tuesday

Wednesday

Thursday

Friday

Richardson Friends Place

February 2020

All meals served with Iced Tea, Lemonade OR Water and Fresh Baked Bread unless otherwise indicated.
For NCS diets-Fresh Fruit, ½ portion regular dessert or sugar free dessert is offered. For no added salt diets-Table salt is not available.

Steak Fingers Mashed Potatoes/ Brown Gravy Squash Capri Spinach Salad Chocolate Pudding	3	Cheddar Herb Chicken Rice Pilaf Garden Vegetables Green Salad Pound Cake with Topping	4	Cabbage Rolls Corn Carrots Cascade Spring Mix Salad Sopapilla Cheesecake	5	Chicken Tenders Macaroni & Cheese Scandinavian Vegetables Green Salad Orange Fluff	6	Meatloaf Baked Sweet Potatoes Green Beans Spinach Salad Brownie	7
Chicken Parmesan Spaghetti Italian Cut Beans Garlic Bread Green Salad Pistachio Fluff	10	Cheeseburgers French Fries Baked Beans Cole Slaw Cherry Cobbler	11	BBQ Chicken Hash Brown Casserole Broccoli Caesar Salad Brownie	12	Beef Pepper Steak Lo Mein Egg Roll Squash Capri Green Salad Fresh Baked Cookie	13	Baked Salmon with Lemon wedge Rice Pilaf Peas & Carrots Spinach Salad Strawberry Trifle	14
Salisbury Steak Mashed Potatoes Garden Vegetables Spinach Salad Pineapple Upside down Cake	17	Garlic Herbed Chicken Macaroni & Cheese Scandinavian Vegetables Tomato Soup Cookie Bar	18	Beef Brisket Twice Baked Potatoes Green Beans Spinach Salad Lemon Cake	19	Baked Fish with Tartar Sauce Rice Pilaf Tomatoes with Zucchini Caesar Salad Cherry Cobbler	20	Lasagna Italian Cut Beans Garlic Bread Green Salad Jell-O w/ Fruit	21
Bratwurst/Sauerkraut Roasted Potatoes Carrot Cascade Coleslaw Ambrosia	24	MARDI GRAS Chicken Gumbo Long Grain & Wild Rice Broccoli Cornbread Green Salad King Cake	25	Crusted Tilapia Squash Casserole Peas & Carrots Spinach Salad Gingerbread with whipped topping	26	Chicken Quesadilla Spanish Rice Black Beans Green Salad Banana Pudding	27	Vegetable Soup Quiche Lorraine Garden Vegetables Caesar Salad Chocolate Cherry Cake	28

Menus approved by: MSRD Date: January 24, 2020