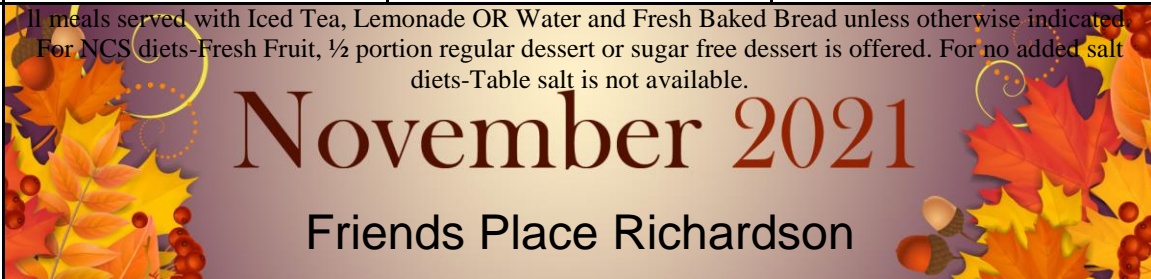


Monday	Tuesday	Wednesday	Thursday	Friday
Garlic Herb Chicken Roasted Potatoes Carrot Cascade Spinach Salad Chocolate Pudding	1 Lasagna Italian Flat Cut Beans Garlic Bread Caesar Salad Apple Strudel	2 Smothered Chicken Rice Pilaf Broccoli Green Salad Ambrosia	3 Salisbury Steak Mashed Potatoes Scandinavian Vegetable Coleslaw Fresh Baked Cookie	4 Turkey Sandwich Baked Chips Beets Garden Salad Pound Cake w/Toppings
8 Baked Fish Macaroni & Cheese Mixed Vegetables Garden Salad Gingerbread	9 Lemon Pepper Chicken Roasted Potatoes Broccoli Spinach Salad Strawberry Parfait	10 Soft Taco Spanish Rice Pinto Beans Green Salad Brownie	11 Veteran's Day Air Force Wings U Boat Potatoes Army Green Peas Coast Guard Cole Slaw Marine Pie	12 Swedish Meatballs Rice Pilaf Carrot Cascade Tossed Salad Fresh Baked Cookie
15 Staycation to Turkey Doner Kebab w/Tzatziki Rice Pilaf Broccoli Green Salad Baklava	16 Chicken Fried Steak With Gravy Mashed Potatoes Peas and Carrots Caesar Salad Fresh Baked Cookie	17 Chicken & Dumplings Mixed Vegetables Beets Corn Bread Coleslaw Peach Pie	18 Cheeseburger French Fries California Vegetables Coleslaw Birthday Cake	19 Chicken Tenders Macaroni & Cheese Green Beans Spring Mix Salad Banana Pudding
22 Meatloaf Mashed Potatoes Scandinavian Vegetables Caesar Salad Ambrosia	23 Baked Fish Macaroni & Cheese Mixed Vegetables Cole Slaw Pound Cake w/Toppings	24 Thanksgiving Feast Turkey with Gravy Cornbread Stuffing Sweet Potatoes Green Bean Casserole Green Salad Pumpkin Pie	25 HOLIDAY CLOSED	26 HOLIDAY CLOSED
29 BBQ Chicken Potato Salad California Vegetables Coleslaw Lemon Cake	30 Tomato Basil Soup Grilled Cheese Sandwich Baked Chips Green Salad Cherry Cobbler	 <p>11 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.</p> <p>November 2021</p> <p>Friends Place Richardson</p>		

Menus approved by: Julie Pan MS,RD

Date: 10/28/2021