

Monday

Tuesday

Wednesday

Thursday

Friday

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

7 BBQ Chicken
Macaroni & Cheese
Green Beans
Garden Salad
Apple Pie

7 Meatloaf
Mashed Potatoes
Scandinavian Vegetable
Spinach Salad
Orange Fluff

8 National Pizza Day
Pizza
Pasta Salad
Breadstick
Caesar Salad
Brownie

9 Chicken Tenders
Scalloped Potatoes
Mixed vegetables
Coleslaw
Fresh Baked Cookie

10 Super Bowl Party
Cheeseburger
French Fries
Peas & Carrots
Coleslaw
Ambrosia

14 Salmon
Rice Pilaf
Broccoli
Caesar Salad
Valentine's Day Cookie

15 Taste of China
Sweet & Sour Chicken
Vegetable Fried Rice
Egg Roll
Spring Mix Salad
Chinese Dessert

16 Quiche Florentine
Roasted Sweet Potatoes
Fresh Fruit
Coleslaw
Apple Pie

17 Salisbury Steak
Mashed Potatoes
Peas
Spring Salad
Chocolate Pudding

18 Chicken Quesadillas
Mexican Rice
Pinto Beans
Garden Salad
Brownie

21 Beef Lasagna
Italian Flat Cut Beans
Garlic Bread
Caesar Salad
Orange Fluff

22 Swedish Meatballs
Rice Pilaf
Broccoli
Garden Salad
Peach Cobbler

23 Fried Chicken
Mashed Potatoes
Corn
Spinach Salad
Birthday Cake

24 National Chili Day
Chili
Baked Potato
Peas & Carrots
Cornbread
Green Salad
Ambrosia

25 Baked Fish
Macaroni & Cheese
Scandinavian Vegetables
Coleslaw
Pound Cake/Toppings

28 Soft Taco
Spanish Rice
Pinto Beans
Garden Salad
Fresh Baked Cookie

February 2022

Friends Place Richardson

Menus approved by: Julie Pan MS, RD

Julie Pan MS, RD

Date: 1/25/2022