


| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | |
|--|----|--|----|---|----|---|----|--|----|
| Chicken Fried Steak Mashed Potatoes California Vegetables Garden Salad Brownie | 2 | Taste of Germany Chicken Schnitzel German Roasted Potatoes Bavarian Green Beans German Salad Vanilla Custard | 3 | National Taco Day Soft Taco Mexican Fiesta Rice Pinto Beans Spring Salad Fresh Baked Cookie | 4 | BBQ Chicken Macaroni and Cheese Mixed Vegetables Coleslaw Pound Cake with Topping | 5 | Fair Day Big Tex Burger Texas Tator Twister Corn off the Cob Green Salad Blue Ribbon Apple Pie | 6 |
| National Cheese Day Tomato Basil Soup Grilled Cheese Sandwich Baked Chips Spinach Salad Banana Pudding | 9 | Angel Food Cake Day Salisbury Steak Au Gratin Potatoes California Vegetables Tossed Salad Angel Food Cake with Topping | 10 | Chicken Tenders Macaroni and Cheese Mixed Vegetables Coleslaw Peach Cobbler | 11 | Swedish Meatballs Rice Pilaf Scandinavian Vegetables Garden Salad Fresh Baked Cookies | 12 | Pizza Pasta Salad Green Beans Caesar Salad Lemon Cake | 13 |
| Meatloaf Mashed Potatoes California Vegetables Spring Salad Ambrosia | 16 | National Pasta Day Chicken Alfredo Scandinavian Vegetables Garlic Bread Caesar Salad Strawberry Parfait | 17 | Beef Enchiladas Mexican Rice Pinto Beans Spinach Salad Chocolate Pudding | 18 | Baked Fish Rice Pilaf Garden Vegetables Cole Slaw Pound Cake w/Toppings | 19 | Sloppy Joe on Bun Baked Chips Mixed Vegetables Garden Salad Brownie | 20 |
| Lemon Pepper Chicken Roasted Potatoes Green Beans Green Salad Orange Fluff | 23 | Beef Lasagna Italian Vegetables Garlic Bread Garden Salad Chocolate Pudding | 24 | Fried Chicken Corn Carrot Cascade Spinach salad Ambrosia | 25 | National Pumpkin Day Chicken Fried steak Mashed Potatoes California Vegetables Caesar Salad Pumpkin Pie | 26 | Chicken Quesadilla Spanish Rice Pinto Beans Cole Slaw Birthday Cake | 27 |
| Meat Sauce with Spaghetti Garden Vegetables Tossed Salad Cherry Cobbler | 30 | Halloween Ghoulish Goulash Pumpkin Carrots Vampire Garlic Bread Swampy Spinach Salad Dirt/Worms | 31 |  <p>Friends Place Richardson October 2023</p> <p>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</p> | | | | | |

Menus approved by: Julie Pan MS, RD

Date _____