

Monday

Tuesday

Wednesday

Thursday

Friday

January 2021

Friends Place Richardson

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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

Spaghetti & Meatballs Green Beans Garlic Bread Caesar Salad Brownie	4	Pineapple Chicken Over Rice Egg Roll California Vegetables Garden Salad Gingerbread	5	Salisbury Steak Mashed Potatoes Broccoli Floret Coleslaw Fresh Baked Cookies	6	Garlic Herb Chicken Rice Pilaf Carrot Cascade Green Salad Apple Dump Cake	7	Chili Baked Potato Mixed Vegetables Garden Salad Banana Pudding	8
Parmesan Crusted Chicken Au Gratin Potato Squash Capri Spinach Salad Ambrosia	11	Soft Taco Spanish Rice Pinto Beans Green Salad Peach Cobbler	12	Chicken Alfredo Peas & Carrots Garlic Bread Caesar Salad Brownie	13	Chicken Fried Steak Mashed Potatoes/ Gravy Corn Garden Salad Fresh Baked Cookie	14	Chicken Tenders Macaroni & Cheese Garden Vegetables Spring Mix Salad Strawberry Ice Cream	15
Lasagna Italian Flat Cut Beans Garlic Bread Caesar Salad Pineapple Upside Down Cake	18	Swiss Chicken Roasted Potatoes Corn Green Salad Banana Pudding	19	Baked Salmon Rice Pilaf Broccoli Floret Coleslaw Birthday Cake	20	Pineapple Chicken Au Gratin Potatoes Broccoli Green Salad Strawberry Parfait	21	Cheeseburger/Toppings French Fries Peas & Carrots Spinach Salad Fresh Baked Cookie	22
Smothered Chicken Rice Pilaf Green Beans Cole Slaw Gingerbread	25	Meatloaf Mashed Potatoes/ Gravy Broccoli Spinach Salad Fresh Baked Cookie	26	Tomato Basil Soup Grilled Cheese Sandwich Baked Potato Chips Green Salad Chocolate Cake Day	27	Taste of China Beef Pepper Steak Over Rice Vegetable Egg Roll Mixed Vegetable Green Salad Ambrosia	28	Chicken & Dumplings Green Beans Cornbread Cole Slaw Chocolate Pudding/ Whip Topping	29

Menus approved by: _____ Date: _____