

Monday

Tuesday



Wednesday

Thursday

Friday

October 2021

Friends Place Desoto Lunch Menu

				BBQ Chicken Roasted Potatoes Peas Coleslaw Salad Banana Pudding	1				
Beef Lasagna Italian Vegetables Garlic Bread Green Salad Vanilla Cake w/Icing	4	Egg Rolls w/Sweet/Sour Sauce Vegetable Fried Rice Beets Mixed Green Salad Brownies	5	Salmon Filet Parsley Potatoes Mixed Vegetables Green Salad Sherbet	6	Baked Ham Mixed Vegetables Baked Beans Caesar Salad Double Strawberry Jell-O	7	Roasted Turkey Breast Baked Sweet Potatoes Broccoli Florets Tomato and Cucumber Salad Fresh Baked Cookies	8
Tomato Basil Soup Grilled Cheese Sandwich Peas & Carrots Mixed Green Salad Pineapple Upside Down Cake	11	Beef Enchiladas Spanish Rice Pinto Beans Coleslaw Salad Cherry Cobbler	12	Big Tex Burgers Texas Tater Twisters Corn off the Cob Coleslaw Salad Blue Ribbon Apple Pie	13	Parmesan Crusted Chicken Rice Pilaf Glazed Carrots Caesar Salad Sugar Cookies	14	Salisbury Steak Sweet Potato Casserole Green Beans Mixed Green Salad Chocolate Pudding	15
Swedish Meatballs over Noodles Normandy Vegetables Caesar Salad Blueberry Crumb Dessert	18	Chicken Tenders Mashed Potatoes Broccoli Florets Coleslaw Salad Brownies	19	Beef Pepper Steak Potato Medley Beets Tomato and Cucumber Salad Vanilla Ice Cream	20	Chicken Tetrizzini Scandinavian Vegetables Garlic Bread Caesar Salad Red Velvet Cake	21	Bratwurst over Sauerkraut Spätzle over Gravy Red Cabbage Green Salad Apple Strudel	22
Chicken Spaghetti Italian Vegetables Garlic Bread Caesar Salad Peach Cobbler	25	Philly Steak Hoagie Sweet Potato Fries Mixed Vegetables Green Salad Peanut Butter Cookies	26	Stir Fry Chicken Rice Pilaf California Vegetables Caesar Salad Yellow Cake w/Icing	27	Tilapia Filet Parsley Potatoes Green Beans Mixed Green Salad Chocolate Pudding	28	Goulash Pumpkin Carrots Vampire Garlic Bread Bloody Cucumber Salad Dirt/Wormy Dessert	29

Approved by: Julie Pan RD. (All meals served with Hot Bread/Iced Tea. For NCS diets, ½ dessert or sugar free pudding offered.)

Date: September 25, 2021