

Monday	Tuesday	Wednesday	Thursday	Friday
Baked Fish Macaroni & Cheese Garden Vegetables Coleslaw Lemon Cake	3 National Taco Day Soft Taco Mexican Fiesta Rice Pinto Beans Spring Salad Sopapilla	4 Chicken Tenders Sweet Potato Fries Scandinavian Vegetables Spinach Salad Fresh Baked Cookies	5 Salisbury Steak Mashed Potatoes California Vegetables Garden Salad Banana Pudding	6 Garlic Herb Chicken Rice Pilaf Carrot Cascade Green Salad Strawberry Parfait
10 Chicken Fried Steak w/gravy Mashed Potatoes Garden Vegetables Spinach Salad Orange Sherbet	11 Pizza Pasta Salad Pea Salad Caesar Salad Birthday Cake	12 National Gumbo Day Chicken Gumbo Carrots Cornbread Potato Salad Cherry Cobbler	13 Beef Lasagna Scandinavian Vegetables Garlic Bread Green Salad Fresh Baked Cookies	14 BBQ Chicken Roasted Potatoes Green Beans Coleslaw National Dessert Day Cheesecake w/ Topping
17 Fair Day Big Tex Burger Texas Tator Twister Corn off the Cob Green Salad Blue Ribbon Apple Pie	18 Meatloaf Day Mashed Potatoes California Vegetables Coleslaw Chocolate Pudding	19 American Cheese Day Tomato Basil Soup Grilled Cheese Sandwich Baked Chips Caesar Salad Angel Food Cake w/Topping	20 Tuna Casserole Garden Vegetables Beets Spinach Salad Pistachio Fluff	21 Swedish Meatballs Rice Pilaf Mixed Vegetables Spring Salad Ambrosia
24 Sloppy Joe on Bun Sweet Potato Fries Scandinavian Vegetables Green Salad Peach Cobbler	25 Fried Chicken Macaroni & Cheese Carrot Cascade Spinach Salad Ambrosia	26 Beef Enchiladas Spanish Rice Pinto Beans Garden Salad Brownie	27 Subway Birthday Sub Sandwich Baked Chips Mixed Vegetables Spring Salad Fresh Baked Cookies	28 Taste of Germany Chicken Schnitzel German Mashed Potatoes Bavarian Green Beans Coleslaw Vanilla Custard
31 Halloween Ghoulish Goulash Pumpkin Carrots Vampire Garlic Bread Swampy Spinach Salad Dirt/Worms	<div> <div> <div>Friends Place Richardson</div> <div>October 2022</div> <div> 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 </div> </div>  </div>			

Menus approved by: Julie Pan MS, RD

Date 9/21/2022