Friendship Circle Menu
September 2023

Monday/To Go	Tuesday/To Go	Wednesday/Indoor	Thursday/To Go	Friday/Indoor
				20 Meals 1
				To Be Announced
Center Closed 4	20 Meals 5	20 Meals 6	20 Meals 7	20 Meals 8
	3oz Philly Cheesesteak on **wheat bun w/fried onions *1 bag baked potato chips 1 c tossed salad 1 pc lite dressing *½ c diced peaches *8oz 2% milk 1 pc ketchup	3oz BBQ Chicken *corn on the cob *½ c potato salad 1 c tossed salad *1 whole wheat dinner roll *fresh watermelon slices 1 pc margarine *8oz 2% milk 1 pc lite dressing	Spaghetti and Meatballs (*1/2 c wheat spaghetti, ½c sauce, 3-1oz meatballs) 1c tossed salad 1 pc lite dressing *1 wheat roll *½ c fresh fruit cup *8 oz 2% milk 1 pc margarine	Open Faced Turkey (3 oz turkey, 1 * slice bread) ½ c mashed potatoes ½ c grilled zucchini *fresh orange *8 oz 2% milk 1 pc margarine 4oz vanilla pudding 1 pc cranberry sauce
20 Meals 11	20 Meals 12	20 Meals 13	20 Meals 14	20 Meals 15
3 oz Salisbury Steak *½ c mashed potatoes ½ c grilled zucchini 1 c tossed salad *1 whole wheat dinner roll *½ c diced pears *8 oz 2% milk 1 pc margarine 1 pc lite dressing	*Stuffed Chicken Breast (3 oz chicken, *1/3 cup stuffing) *½ c mashed potatoes ½ c steamed carrots * ½ c. applesauce 1* whole wheat dinner roll 1 pc margarine *8 oz 2% milk 4 oz * cranberry juice	3 oz Meatloaf with Gravy *½ c. mashed potatoes ½ c. steamed broccoli 1 c tossed salad *1 wheat dinner roll *½ fresh apple *8 oz 2% milk 1 pc margarine 1 pc lite dressing	3 oz Cheeseburger on **whole wheat bun slices of lettuce, tomato, onion *1 bag baked potato chips 1 c tossed salad * 1 fresh orange *8 oz 2% milk 1 pc ketchup 1 pc lite salad dressing	3oz baked flounder *½ c roasted potatoes ½ c stewed tomatoes 1 c tossed salad *wheat dinner roll ½ c diced peaches *8oz 2% milk 1 pc margarine 1 pc lite salad dressing
20 Meals 18	20 Meals 19	20 Meals 20	20 Meals 21	20 Meals 22
3oz grilled chicken sandwich on **wheat roll w/ lettuce and tomato relish plate (4 carrot & celery sticks) ½ c. fresh fruit cup *8 oz 2% milk 1 pc mayonnaise	** 6" Italian Hoagie w/ shredded lettuce, tomato & onion slices *½ c. tossed salad 1 mayo packet * 1 fresh orange *8 oz 2% milk 1 pc lite dressing	4" x 4" meat lasagna 1c. tossed salad ½ c green beans * ½ c mixed fruit cup *1 whole wheat dinner roll *8 oz 2% milk 1 pc margarine 1 pc lite dressing	*½ c. minestrone soup **3oz chicken salad on wheat bread w/lettuce & tomato slices *½ c diced peaches *8 oz 2% milk 4oz chocolate pudding	**1 c macaroni & cheese ½ c stewed tomatoes ½ cup zucchini wedges *1 slice whole wheat bread 1 pc margarine *1 banana *8 oz 2% milk
20 Meals 25	20 Meals 26	20 Meals 27	20 Meals 28	20 Meals 29
(3) 1oz ** baked manicotti, ½ c tomato sauce ½ c. green beans 1 c tossed salad *1 wheat dinner roll *½ c diced peaches *8 oz 2% milk 1 pc margarine 1 pc lite dressing	(2) **Beef Tacos with (2 oz beef & 2 oz cheese) shredded lettuce and tomato salsa and sour cream ½c *brown rice and red beans ½ *cup diced pears *8 oz 2% milk	3oz roast turkey w/2oz gravy *½ c bread stuffing *½ c mashed sweet potatoes ½ c steamed carrots *wheat dinner roll 1 pc margarine *8oz 2% milk *½ c fresh fruit cup 1 pc cranberry sauce	**3oz Chicken Cheesesteak w/fried onions *1 bag baked potato chips 1 c tossed salad *1 fresh orange *8oz 2% milk 1 pc lite dressing 1 pc ketchup	3oz baked tilapia *½ c brown rice ½ c fire roasted grilled vegetables *1 whole wheat dinner roll 2 pc margarine *½ c applesauce *8 oz 2% milk 4oz cranberry juice

*= carbohydrate choice