

# Menu Descriptions-Menu Cycle January 1, 2020-March 31, 2020



In an effort to improve customer satisfaction, we are excited to provide you with meal descriptions. These meals are offered from January through March. It is our hope this information will be helpful and **NO RESPONSE IS NEEDED.**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Chicken Marsala</b> -A chicken breast in a tomato and marsala sauce. Ingredients: chicken breast, onions, mushrooms, chicken soup, tomatoes, tomato sauce, garlic, oregano	<b>Creole Beef Steak</b> -A delicious beef patty served with a Louisiana style creole sauce. Ingredients: beef patty, brown gravy mix, tomato paste, onions, green peppers, celery, garlic	<b>Italian Chicken Chili</b> -A chicken chili with an Italian twist. Ingredients: great northern beans, diced chicken, onions, chili powder, garlic, oregano, kale, corn, parmesan cheese, parsley	<b>Salisbury Beef w/ Gravy</b> -A tender Salisbury steak topped with a beef gravy. Ingredients: Salisbury steak, brown gravy mix	<b>Chicken Quesadilla Casserole</b> -A layered cheese and chicken casserole. Ingredients: whole wheat tortilla, diced chicken, picante sauce, green chiles, cheddar & monterey jack cheese
<b>Hamburger Patty</b> -An All-American flame broiled beef hamburger patty served with a whole grain bun.	<b>Breaded Chicken Patty</b> -A tender chicken patty with a crispy crust. Ingredients-Breaded chicken patty	<b>Oven Fried Chicken</b> -Chicken topped with cornflakes and baked until crispy. Ingredients: chicken leg quarter, cornflakes, garlic, onion powder, paprika, poultry seasoning	<b>Marinara Meatballs</b> -Flavorful meatballs topped with a tomato marinara sauce. Ingredients: turkey meatballs, marinara sauce, diced tomatoes	<b>Potato Crusted Fish</b> -A pollock filet breaded and baked until golden brown. Ingredients: potato crusted pollock fish
<b>Creamy Paprika Chicken</b> -Chicken served with a rich chicken sauce. Ingredients: onions, paprika, cream of chicken soup, chicken breast, sour cream, parsley	<b>Beef Jardine</b> -A flame broiled beef patty served with a savory brown gravy mix. Ingredients: beef patty, onions, green peppers, carrots, green peas, brown gravy mix	<b>Spinach Lasagna</b> -Ingredients: onions, mushrooms, garlic, basil, oregano, tomatoes, tomato paste, spinach, cottage cheese, eggs, nutmeg, parsley, lasagna pasta, mozzarella & parmesan cheese	<b>Fajita Chicken</b> -Seasoned chicken cooked with peppers and onions. Ingredients: onions, green & red peppers, fajita chicken	<b>Lemon Pepper Fish</b> -A delicious wedge of battered pollock baked with tangy lemon-pepper seasoning. Ingredients: battered pollock, parsley, lemon pepper seasoning
<b>Sloppy Joe</b> -A favorite! Beef cooked in tomato sauce. Ingredients: ground beef, tomatoes, tomato paste, onions, green peppers, Worcestershire sauce, taco seasoning, garlic & chili powder, basil	<b>Italian Chicken Chili</b> -A chicken chili with an Italian twist. Ingredients: great northern beans, diced chicken, onions, chili powder, garlic, oregano, kale, corn, parmesan cheese, parsley	<b>Turkey Breast w/ Gravy</b> -A delicious cutlet of turkey served with homemade gravy. Ingredients: turkey breast, chicken soup, hardboiled eggs, flour, margarine	<b>Beef &amp; Broccoli</b> -Tender beef and broccoli in a soy sauce. Ingredients: beef, soy sauce, beef soup base, olive oil, broccoli	<b>Eggplant Parmesan</b> -Breaded eggplant in a tomato sauce with parmesan cheese. Ingredients: eggplant, tomato sauce, tomatoes, parmesan cheese
<b>Turkey Wild Rice Casserole</b> -A creamy and comforting turkey casserole. Ingredients: chicken gravy, red peppers, celery, onions, diced turkey, wild rice, cheddar cheese	<b>Hungarian Goulash</b> -Ground beef cooked in a rich sauce. Ingredients: ground beef, onions, garlic, brown sugar, mustard, paprika, cayenne pepper, apple cider vinegar, ketchup, penne pasta	<b>Roast Beef w/ Gravy</b> -An American traditional favorite. Ingredients: Sliced Roast Beef, brown gravy mix	<b>Breaded Chicken Tenders</b> -Breaded chicken tenders baked until golden brown and crispy.	<b>Tuna Noodle Au Gratin</b> -A cheesy casserole with tuna and pasta. Ingredients: rotini pasta, tuna, cheese sauce, cheddar cheese
<b>Swiss Steak</b> -Tender beef in a rich tomato gravy. Ingredients: Salisbury steak, onions, tomato sauce, tomatoes	<b>King Ranch Chicken Casserole</b> -A casserole loaded with chicken, tortillas, and cheese. Ingredients: onions, green peppers, garlic & chili powder, tomatoes, tabasco sauce, diced chicken, chicken gravy mix, corn tortilla, cheddar cheese	<b>Pineapple Glazed Turkey Ham</b> -Turkey ham baked in a sweet pineapple glaze. Ingredients: turkey ham, orange & pineapple juice	<b>Parmesan Chicken</b> -Chicken baked in a cheesy tomato sauce. Ingredients: chicken breast, tomato sauce, parmesan cheese	<b>Fish Sticks</b> -Crispy baked fish sticks. Ingredients: breaded fish nuggets