

## Menu Descriptions-Menu Cycle January 1, 2021-March 31, 2021

 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 <b>NO RESPONSE IS NEEDED.</b>				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>Chicken Marsala-</b> Chicken baked in a tomato and marsala sauce. Ingredients: chicken breast, onions, mushrooms, chicken soup, tomatoes, tomato sauce, garlic, oregano	<b>Teriyaki Beef-</b> Roast beef baked in a tangy teriyaki sauce. Ingredients: sliced roast beef, teriyaki sauce, pineapple juice	<b>Spinach Lasagna-</b> Ingredients: onions, mushrooms, garlic, basil, oregano, tomatoes, parsley, spinach, cottage cheese, eggs, nutmeg, lasagna pasta, mozzarella & parmesan cheese	<b>Creole Beef Steak-</b> Delicious beef patty served with a Louisiana style creole sauce. Ingredients: beef patty, brown gravy, tomato paste, onions, green peppers, celery, garlic powder	<b>Lemon Pepper Fish-</b> Wedge of battered pollock baked with tangy lemon-pepper seasoning. Ingredients: battered pollock, parsley, lemon pepper seasoning
<b>Marinara Turkey Meatballs-</b> Flavorful turkey meatballs topped with a tomato marinara sauce. Ingredients: turkey meatballs, marinara sauce, diced tomatoes	<b>Hamburger Patty-</b> An All-American flame broiled beef hamburger patty served with a whole grain bun.	<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>Sloppy Joe-</b> Ground beef cooked in tomato sauce. Ingredients: ground beef, tomatoes, onions, green peppers, Worcestershire sauce, taco seasoning, garlic & chili powder, basil leaves	<b>Potato Crusted Fish-</b> Pollock filet breaded and baked until golden brown. Ingredients: potato crusted pollock fish
<b>Chicken Enchilada Bake-</b> Chicken casserole with beans & cheese. Ingredients: pinto beans, diced chicken, corn, onions, green peppers, chili & garlic, wheat tortillas, cheddar cheese	<b>Salisbury Beef w/ Gravy-</b> Tender Salisbury steak topped with a beef gravy. Ingredients: Salisbury steak, brown gravy mix	<b>Honey Glazed Turkey Ham-</b> Turkey ham drizzled with a light, sweet honey glaze. Ingredients: turkey ham, honey, lemon juice	<b>BBQ Diced Chicken-</b> Diced barbecue chicken. Ingredients: diced chicken, vinegar, tomato paste, ketchup, chili & garlic powder, Liquid smoke, onions, celery, brown sugar, red pepper, yellow mustard	<b>Eggplant Parmesan-</b> Breaded eggplant in a tomato sauce with parmesan cheese. Ingredients: eggplant, tomato sauce, tomatoes, parmesan cheese
<b>Tomato Swiss Steak-</b> Tender beef in a rich tomato gravy. Ingredients: Salisbury steak, onions, tomato sauce, tomatoes	<b>Italian Chicken Chili-</b> Chili with an Italian twist. Ingredients: great northern beans, diced chicken, onions, chili powder, garlic, red pepper, oregano, spinach, corn, parmesan cheese, parsley	<b>Beef Jardine-</b> Flame broiled beef patty served with a savory brown gravy. Ingredients: beef patty, onions, green peppers, carrots, green peas, brown gravy mix	<b>Turkey and Rice Casserole-</b> Creamy turkey casserole. Ingredients: chicken gravy, red peppers, celery, onions, mushrooms, diced turkey, white rice, cheddar cheese, garlic	<b>Whole Grain Fish Nuggets-</b> Crispy baked fish nuggets. Ingredients: breaded whole grain fish nuggets
<b>Breaded Chicken Tenders-</b> Breaded chicken tenders baked until golden brown and crispy.	<b>Garlic Turkey Meatballs-</b> Turkey meatballs baked in a creamy garlic sauce. Ingredients: turkey meatballs, garlic, chicken soup base	<b>Roast Beef w/ Gravy-</b> Tender sliced roast beef. Ingredients: Sliced roast beef, brown gravy mix	<b>Creamy Paprika Chicken-</b> Chicken served with a rich chicken sauce. Ingredients: onions, paprika, chicken soup base, chicken breast, sour cream, parsley	<b>Tuna Noodle Au Gratin-</b> Cheesy casserole with tuna and pasta. Ingredients: rotini pasta, tuna, cheese sauce, cheddar cheese
<b>Meatloaf w/ Brown Gravy-</b> Beef meatloaf with brown gravy. Ingredients: beef meatloaf, brown gravy mix	<b>Caesar Chicken-</b> Chicken seasoned with Caesar dressing. Ingredients: diced chicken, Caesar dressing	<b>Beef Stroganoff-</b> Sautéed beef served with a creamy sauce. Ingredients: ground beef, mushrooms, Worcestershire sauce, onions, garlic, parsley, penne pasta, beef soup base, sour cream	<b>Fajita Chicken-</b> Seasoned chicken cooked with peppers and onions. Ingredients: onions, green pepper, fajita chicken, red peppers	<b>Italian Shells and Cheese-</b> Creamy and cheesy baked pasta dish. Ingredients: eggs, evaporated milk, cayenne pepper, nutmeg, cheddar & provolone cheese, parmesan & mozzarella cheese, pasta shells