



NEBRASKA TRAINING TABLE

Dinner

Monday 18-Sep-17	Tuesday 19-Sep-17	Wednesday 20-Sep-17	Thursday 21-Sep-17	Friday 22-Sep-17
Entrees				
BBQ Chicken Breast Carved Pork Loin Mahi Mahi Steaks Fresh Breaded Catfish	Carved Turkey Breast BBQ Pork Ribs Poached Cod w/Fresh Herbs Bison Meatloaf Carved Tri-Tip Beef	Blackened Chicken Breast Smoked Pork Chop Red Snapper Veracruz New York Strip Loin Dusted Shrimp	Pork Steamship Roast Sauteed Shrimp, Sausage & Tomatoes w/ White Rice Parmesan Crusted Tilapia Smoked Chicken 1/4's Prime Rib	Grilled Chicken Breast Pork Scaloppine W/Pasta Baked Salmon Chicken Marsala Bottom Round Beef Roast w/ Au Jus
Vegetables				
Steamed Broccoli 5 Way Mixed Vegetables Baby Carrots w/ Parsley	Cauliflower Fresh Asparagus Summer Blend Vegetables	Key Largo Blend Steamed Broccoli Florets Sauteed Zucchini, Yellow Squash & Red Onion	Harvest Blend Italian Vegetable Blend Creamed Spinach	Broccoli, Cauliflower, Carrots French Cut Green Beans & Almonds Brussel Sprouts with Pecan Butter
Carbohydrate Bar				
Chuckwagon Beans Corn on the Cob Ham & Scalloped Potatoes Sweet Potato Marshmallow Gratin Black Eyed Pea's	Cornbread Stuffing Dirty Rice Macaroni & Cheese Baked Beans Garlic Mashed Potatoes w/Turkey Gravy	Corn w/Melted Butter Green Peas Sweet Potatoes with Bacon Vinaigrette Au Gratin Potatoes Garlic Mashed Potatoes w/Beef Gravy	Broccoli Rice Casserole Mexicali Bean Blend Maple Roasted Butternut Squash & Carrots Oven Browned Potatoes Garlic Mashed Potatoes w/ Beef Gravy	Wild Rice Sun-Dried Tomato Risotto Butternut Squash with Apples & Cranberries Garlic Mashed Potatoes w/Beef Gravy Yukon gold Potatoes
Pastas				
Meatball Marinara Alfredo Sauce Marinara Sauce Sausage Marinara Sauce High Fiber Pasta White Pasta	Meatball Marinara Alfredo Sauce Marinara Sauce Turkey Marinara Sauce High Fiber Pasta White Pasta w/Basil Pesto	Meatball Marinara Alfredo Sauce Marinara Sauce Chicken Marinara High Fiber Pasta White Pasta	Meatball Marinara Alfredo Sauce Marinara Sauce Beef Marinara Sauce High Fiber Pasta White Pasta	Meatball Marinara Alfredo Sauce Marinara Sauce Sausage Marinara Sauce High Fiber Pasta White Pasta w/Tomato Pesto
Soup				
Chicken Gumbo	Shrimp and Corn Chowder	Tomato Basil Soup	Minestrone Soup	Chicken & Wild Rice Soup
Specialty Bar				
Baked Potato Bar	Mexican Bar	Pizza Bar	Pasta Bar	Calzones