



NEBRASKA TRAINING TABLE

Dinner

Monday 2-Oct-17	Tuesday 3-Oct-17	Wednesday 4-Oct-17	Thursday 5-Oct-17	Friday 6-Oct-17
Entrees				
Vegetable Lasagna	Carved Ham w/ Orange Glaze	Carved Turkey Breast	Shrimp Etouffee w/ White Rice	Chicken Cordon Bleu
Smoked Pork Chop	Mango Chicken Stir Fry w/ Snap Peas & Sticky Rice	Teriyaki Chicken Kabobs	Grilled Chicken Breast	Roasted Pork Tenderloin
Citrus Trout Fillets Steak	Baked Salmon Salisbury Steak	Baked Cod Prime Rib	Fresh Breaded Catfish Dusted Shrimp	Baked Red Snapper Chicken Broccoli Alfredo
Spicy Roasted Chicken Quarters	Chicken Picatta	Marinated Pork Loin	New York Strip	Inside Round
Vegetables				
Capri Vegetable Blend	Baby Carrots	Summer Blend Vegetables	Steamed Broccoli & Cauliflower	Spaghetti Squash w/Garlic
Oregon Vegetable Blend	Fresh Asparagus	Steamed Broccoli	Baby Carrots	Spring Blend Vegetables
Whole Green Beans	5-Way Mixed Vegetables	Sauteed Sesame Green Beans	Swiss Chard	Scandinavian Blend Vegetables
Carbohydrate Bar				
Barley Caponata	Spanich Rice	Green Peas	Black Eyed Peas	Whole Kernel Corn
Jasmine Rice Pilaf	Lemon Orzo Pilaf	Red Beans	Corn on the Cob	Wild Rice
Corn on the Cob	Green Peas	Cornbread Stuffing	Red Beans & Rice	Au Gratin Potatoes
Krinkle Cut French Fries	Candied Sweet Potatoes	Roasted Yukon Gold Potatoes w/Peppers & Onions	Baked Sweet Potatoes	Italian Baked Beans
Baked Potatoes	Garlic Mashed Potatoes w/ Beef Gravy	Garlic Mashed Potatoes w/ Turkey Gravy	Twice Baked Potatoes	Mashed Sweet Potatoes
Pastas				
Meatball Marinara	Meatball Marinara	Meatball Marinara	Meatball Marinara	Meatball Marinara
Alfredo Sauce	Alfredo Sauce	Alfredo Sauce	Alfredo Sauce	Alfredo Sauce
Marinara Sauce	Zucchini Marinara Sauce	Marinara Sauce	Marinara Sauce	Marinara Sauce
Turkey Marinara Sauce	Sausage Marinara Sauce	Seafood Alfredo Sauce	Turkey Marinara Sauce	Beef Marinara Sauce
High Fiber Pasta	High Fiber Pasta	High Fiber Pasta	High Fiber Pasta	High Fiber Pasta
White Pasta	White Pasta w/Basil Pesto	White Pasta	White Pasta	White Pasta w/Tomato Pesto
Soup				
Shrimp & Sweet Corn Chowder	Chicken Tortilla Soup	Lumberjack Vegetable	Chicken Gumbo Soup	Country Vegetable Beef Soup
Specialty Bar				
Appetizer Bar/Wings	Taco Bar	Bison Burger	Pasta Bar	Pizza Bar