



NEBRASKA TRAINING TABLE

Lunch

Monday 9-Oct-17	Tuesday 10-Oct-17	Wednesday 11-Oct-17	Thursday 12-Oct-17	Friday 13-Oct-17
Entrees				
Grilled Chicken Breast Hamburger Blackened Catfish Marinated Pork Loin Steak Open Faced Turkey Sandwich w/Mashed Pot. & Gravy Chipotle-BBQ/Bufalo Chicken Wings	Turkey Burger Grilled Chicken Breast Baked Cod Chicken & Broccoli Alfredo Casserole Cheese Pizza & Hamburger Pizza Stir Fried Curry-Ginger Beef & Leeks	Grilled Chicken Breast Hamburger Salmon Croquettes Red Chille Chicken w/Rice & Black Beans Blackened Shrimp Pasta BBQ Pork Sandwich	Hamburger Turkey Burger Sliced Ham Roasted Garlic & Herb Tilapia Italian Beef Sandwich Chicken Quesadilla	Grilled Chicken Breast Turkey Burger Mahi Mahi Breaded Chicken Strips Sloppy Joe Shrimp Pad Thai
Vegetables				
Steamed Cauliflower Capri Blend Vegetable Steamed Yellow Squash	Germany Blend Vegetables Steamed Broccoli Steamed Zucchini, Carrots, & Yellow Squash	Creamed Spinach Green Beans w/ Sauteed Mushrooms & Shallots Fresh Asparagus	Corn w/French Cut Green Beans Green Peas & Carrots Candied Carrots	Steamed Cauliflower Capri Blend Vegetable Steamed Yellow Squash
Carbohydrate Bar				
Baked Corn Casserole Harvest Wild Rice Creamed Peas Greek Pasta with Tomatoes and White Beans Sweet Potato Fries	Smoked Turkey & White Bean Casserole Wild Rice Israeli Couscous w/ Lemon-Balsamic Vinaigrette Boiled New Potatoes Baked Steak Fries	Sweet Potato Tots Green Peas Baked Beans Lemon Orzo Primavera Oven Browned Potatoes	Mexistyle Beans Waffle Fries Spicy Roasted Edamame Risotto Milanese Yukon Gold Mashed Potatoes w/ Country Gravy	Whole Kernal Corn Rice Pilaf Barley Caponata Buffalo Fries Baked Potato
Pastas				
Meatball Marinara Alfredo Sauce Marinara Sauce Sausage Marinara Sauce High Fiber Pasta White Pasta	Meatball Marinara Roasted Garlic Alfredo Marinara Sauce Turkey Marina Sauce High Fiber Pasta White Pasta	Meatball Marinara Alfredo Sauce Marinara Sauce Beef Marinara Sauce High Fiber Pasta White Pasta w/Basil Pesto	Meatball Marinara Sundried Tomato Alfredo Zucchini Marinara Sausage Marinara Sauce High Fiber Pasta White Pasta w/Tomato Pesto	Meatball Marinara Alfredo Sauce Marinara Sauce Beef Marinara Sauce High Fiber Pasta White Pasta
Soup				
Vegetable Beef & Barley Soup	Country Vegetable Beef Soup	Chicken Noodle Soup	Minestrone Soup	Tomato Basil Soup