



NEBRASKA TRAINING TABLE

Dinner

Monday 9-Oct-17	Tuesday 10-Oct-17	Wednesday 11-Oct-17	Thursday 12-Oct-17	Friday 13-Oct-17
Entrees				
Grilled Chicken Breast Smoked Pork Chop Grilled Salmon Shrimp & Pesto Pasta Marinated Flank Steak	Grilled Chicken Breast Bacon Wrapped Turkey Fillet Boiled Shrimp New York Strip Memphis Style Pork Ribs	Chicken & Andouille Kebabs Black Bean & Cheese Burrito Baked Tilapia Beef Brisket Jamaican Jerk Chicken	Turkey Breast Spicy Pork Stir Fry Baked Halibut Chicken Lasagna Steak	Inside Round Ham w/Orange Glaze Lime & Pepper Trout Fillets Seafood Alfredo Breaded Chicken Strips
Vegetables				
Baby Carrots Whole Green Beans 5 Way Mixed Vegetables	Capri Blend Vegetable Oregon Blend Vegetable Steamed Snap Peas	Fiesta Vegetable Blend Asparagus Spring Blend Vegetables	Steamed Broccoli & Cauliflower Germany Blend Vegetables Carrot Coins	Steamed Broccoli Asparagus Italian Vegetable Blend
Carbohydrate Bar				
Green Peas Flame Roasted Fuji Apples Asparagus Risotto Broccoli Rice Casserole Roasted Yukon Gold Potatoes	Chuckwagon Beans Roasted Baby Yukon Gold Potatoes Brown Rice with Roasted Sweet Corn Mashed Sweet Potatoes Krinkle Cut French Fries	Yellow Rice Adobo Rice & Black Beans Flame Roasted Corn & Peppers Baked Sweet Potatoes Boiled Yukon Gold Potatoes	Corn on the Cob Black Eyed Peas & Rice Red Beans Twice Baked Potatoes Baked Sweet Potato	Whole Kernel Corn Jasmine Rice Scalloped Potatoes Macaroni and Cheese Roasted Sweet Potato Halves
Pastas				
Meatball Marinara Alfredo Sauce Marinara Ground Turkey Marinara Sauce High Fiber Pasta White Pasta	Meatball Marinara Alfredo Sauce Sausage Marinara Sauce Chicken Marinara Sauce High Fiber Pasta White Pasta	Meatball Marinara Alfredo Sauce Marinara Sauce Beef Marinara Sauce High Fiber Pasta White Pasta w/Tomato Pesto	Meatball Marinara Alfredo Sauce Zucchini Marinara Sauce Sausage Marinara High Fiber Pasta White Pasta w/Basil Pesto	Meatball Marinara Alfredo Sauce Zucchini Marinara Sauce Sausage Marinara Sauce High Fiber Pasta White Pasta w/Basil Pesto
Soup				
Roasted Red Pepper Gouda Soup	Tomato Ravioli Soup	Lumberjack Vegetable Soup	Vegetable Beef & Barley Soup	Chicken Noodle Soup
Specialty Bar				
Philly Bar	Nacho Bar	Fajita Bar	Pasta Bar	Pizza