



NEBRASKA TRAINING TABLE

Lunch

Monday 23-Apr-18	Tuesday 24-Apr-18	Wednesday 25-Apr-18	Thursday 26-Apr-18	Friday 27-Apr-18
Entrees				
Hamburger Turkey Burger Baked Blackened Catfish Grilled Chipotle Lime Chicken Breast Dusted Shrimp Beef Stir Fry w/ Sticky Rice, Brown Fried Rice & Egg Rolls	Grilled Chicken Breast Turkey Burger Baked Haddock Oven Fried Chicken BBQ Brisket on Jalapeno Cornbread Hot Dogs-Turkey & Beef	Grilled Chicken Breast Hamburger Baked Salmon Sliced Ham Chicken Carbonara Meatball Sandwich	Grilled Chicken Breast Hamburger Baked Tilapia Roasted Turkey Breast Chicken Pomadora Pasta Chicken & Beef Tacos	Hamburger Salmon Burger Cod Carolina BBQ Chicken Steak & Pepper Stir-Fry w/ Sticky Rice Chicken Philly Sandwich
Vegetables				
Dill Carrots Steamed Broccoli & Cauliflower Bok Choy, Snow Peas & Carrots	Honey Glazed Carrots Italian Vegetable Blend Germany Blend Vegetables	Oriental Blend Vegetables Spring Blend Vegetables Whole Green Beans	Haricot Vert Green Beans Spring Blend Vegetables Broccoli, Corn , & Red Peppers	Napoli Blend Vegetables Cauliflower, Carrots, & Snap Peas Cut Green Beans
Carbohydrate Bar				
Green Peas Italian-Style Baked Beans Quinoa & Edamame with Tarragon Hushpuppies Sweet Potato Fries	Macaroni & Cheese Mashed Potatoes w/ Country Gravy Green Peas Barley Mushroom Pilaf Curley Fries	Garden Wild Rice Broccoli & Rice Casserole Roasted Yukon Gold Potatoes Whole Kernel Corn Sweet Potatoes with Bacon Vinaigrette	Whole Kernel Corn Creamy Barley & Spinach w/ Tomatoes Sun-Dried Tomato Risotto Wild Rice Garlic Mashed Potatoes w/ Turkey Gravy	Tortellini Casserole Basmati Rice Pilaf Creamed Corn Oven Roasted Baby Potatoes Baked Beans
Pastas				
Meatball Marinara Sauce Alfredo Sauce Marinara Sauce Sausage Marinara Sauce High Fiber Pasta White Pasta	Meatball Marinara Sauce Alfredo Sauce Marinara Sauce Turkey Marinara High Fiber Pasta White Pasta w/Basil Pesto	Meatball Marinara Sauce Alfredo Sauce Marinara Sauce Beef Marinara Sauce High Fiber Pasta White Pasta	Meatball Marinara Sauce Alfredo Sauce Marinara Sauce Sausage Marinara Sauce High Fiber Pasta White Pasta w/Tomato Pesto	Meatball Marinara Sauce Alfredo Sauce Marinara Sauce Turkey Marinara High Fiber Pasta White Pasta
Soup				
Beef & Barley Soup	Tomato & Ravioli Soup	Chicken & Wild Rice Soup	Chicken Gumbo	Lumberjack Vegetable Soup