



# NEBRASKA TRAINING TABLE

Dinner

| Monday<br>30-Apr-18                                                                                                    | Tuesday<br>1-May-18                                                                                                                             | Wednesday<br>2-May-18                                                                                                         | Thursday<br>3-May-18                                                                                                               | Friday<br>4-May-18                                                                                                                       |
|------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Entrees</b>                                                                                                         |                                                                                                                                                 |                                                                                                                               |                                                                                                                                    |                                                                                                                                          |
| Grilled Chicken Breast<br>Smoked Pork Chop<br>Grilled Salmon<br>Shrimp & Pesto Pasta<br>Marinated Flank Steak          | Grilled Chicken Breast<br>Bacon Wrapped Turkey Fillet<br>Boiled Shrimp<br>New York Strip<br>Memphis Style Pork Ribs                             | Chicken & Andouille Kebabs<br>Black Bean & Cheese Burrito<br>Baked Tilapia<br>Beef Brisket<br>Jamaican Jerk Chicken           | Turkey Breast<br>Spicy Pork Stir Fry<br>Baked Halibut<br>Chicken Lasagna<br>Steak                                                  | Inside Round<br>Ham w/Orange Glaze<br>Lime & Pepper Trout Fillets<br>Seafood Alfredo<br>Breaded Chicken Strips                           |
| <b>Vegetables</b>                                                                                                      |                                                                                                                                                 |                                                                                                                               |                                                                                                                                    |                                                                                                                                          |
| Baby Carrots<br>Whole Green Beans<br>5 Way Mixed Vegetables                                                            | Capri Blend Vegetable<br>Oregon Blend Vegetable<br>Steamed Snap Peas                                                                            | Fiesta Vegetable Blend<br>Asparagus<br>Spring Blend Vegetables                                                                | Steamed Broccoli & Cauliflower<br>Germany Blend Vegetables<br>Carrot Coins                                                         | Steamed Broccoli<br>Asparagus<br>Italian Vegetable Blend                                                                                 |
| <b>Carbohydrate Bar</b>                                                                                                |                                                                                                                                                 |                                                                                                                               |                                                                                                                                    |                                                                                                                                          |
| Green Peas<br>Flame Roasted Fuji Apples<br>Asparagus Risotto<br>Broccoli Rice Casserole<br>Roasted Yukon Gold Potatoes | Chuckwagon Beans<br>Roasted Baby Yukon Gold Potatoes<br>Brown Rice with Roasted Sweet Corn<br>Mashed Sweet Potatoes<br>Krinkle Cut French Fries | Yellow Rice<br>Adobo Rice & Black Beans<br>Flame Roasted Corn & Peppers<br>Baked Sweet Potatoes<br>Boiled Yukon Gold Potatoes | Corn on the Cob<br>Black Eyed Peas & Rice<br>Red Beans<br>Twice Baked Potatoes<br>Baked Sweet Potato                               | Whole Kernel Corn<br>Jasmine Rice<br>Scalloped Potatoes<br>Macaroni and Cheese<br>Roasted Sweet Potato Halves                            |
| <b>Pastas</b>                                                                                                          |                                                                                                                                                 |                                                                                                                               |                                                                                                                                    |                                                                                                                                          |
| Meatball Marinara<br>Alfredo Sauce<br>Marinara<br>Ground Turkey Marinara Sauce<br>High Fiber Pasta<br>White Pasta      | Meatball Marinara<br>Alfredo Sauce<br>Sausage Marinara Sauce<br>Chicken Marinara Sauce<br>High Fiber Pasta<br>White Pasta                       | Meatball Marinara<br>Alfredo Sauce<br>Marinara Sauce<br>Beef Marinara Sauce<br>High Fiber Pasta<br>White Pasta w/Tomato Pesto | Meatball Marinara<br>Alfredo Sauce<br>Zucchini Marinara Sauce<br>Sausage Marinara<br>High Fiber Pasta<br>White Pasta w/Basil Pesto | Meatball Marinara<br>Alfredo Sauce<br>Zucchini Marinara Sauce<br>Sausage Marinara Sauce<br>High Fiber Pasta<br>White Pasta w/Basil Pesto |
| <b>Soup</b>                                                                                                            |                                                                                                                                                 |                                                                                                                               |                                                                                                                                    |                                                                                                                                          |
| Roasted Red Pepper Gouda Soup                                                                                          | Tomato Ravioli Soup                                                                                                                             | Lumberjack Vegetable Soup                                                                                                     | Vegetable Beef & Barley Soup                                                                                                       | Chicken Noodle Soup                                                                                                                      |
| <b>Specialty Bar</b>                                                                                                   |                                                                                                                                                 |                                                                                                                               |                                                                                                                                    |                                                                                                                                          |
| Philly Bar                                                                                                             | Nacho Bar                                                                                                                                       | Fajita Bar                                                                                                                    | Pasta Bar                                                                                                                          | Pizza                                                                                                                                    |