Core Week 3 Menu 2020

Soup														
SOUP			Broccoli Cheese		Chili		Vege & Meatballs		Beef Vegetable		New England Clam			
	Minestrone Soup		Chicken Vegetable		Cream Mushroom		Chicken & Bean		Chicken Noodle		Chicken Tortilla		Beef Noodle	
Entrée Selection														
Entrées	Beef Macaroni and Cheese		Latin Pork Loin		Sweet and Sour Chicken		Fried Chicken		Penne Pasta with Turkey Meat Sauce		Pepper Steak		Heb Roasted Pork	
	Fried Chicken		Chicken Parmesan		Chopped Steak		Beef Stroganoff		Pot Roast		Tilapia Almandine or Fried		Meatloaf	
					Stir Fry Vegetables		Buttered Noodles							
Vegetables	Mustard Greens		Fresh Italian Blend Vegetables		Green Peas		California Vegetable Blend Vegetables		Italian Green Beans		Green Bean Cassarole		Steamed Corn	
	5 Way Vegetable Blend		French Cut Green Beans		Mini Egg Roll		Okra & Tomatoes		Roasted Vegetables		Sugar Snap Peas		Carrot, Yellow Squash, Broccoli and Mushroom Medley	
	Fresh Carrots and Yellow Squash		Spanish Rice		Rosemary Roasted Carrots		Turnip Greens		Mexican Corn		Zuc and Cherry Tomatoes		Brussel Sprouts	
Starches	Rosemary Roasted Potatoes		Mashed Potatoes		Mashed Potatoes		Dry Lima Beans		Baked Potato		Rice		Barley & Brown Rice	
	White Rice		Garlic Orzo		Fried Rice		Steamed Rice		Macaroni & Cheese		Grits		Mashed Potatoes	
Grille														
Core Grille Menu	Grilled Hamburger		Grilled Hamburger		Grilled Hamburger		Grilled Hamburger		Grilled Hamburger		Grilled Hamburger		Grilled Hamburger	
	Turkey Burger		Turkey Burger		Turkey Burger		Turkey Burger		Turkey Burger		Turkey Burger		Turkey Burger	
	Black Bean Burger		Black Bean Burger		Black Bean Burger		Black Bean Burger		Black Bean Burger		Black Bean Burger		Black Bean Burger	
	Grilled Chicken Breast		Grilled Chicken Breast		Grilled Chicken Breast		Grilled Chicken Breast		Grilled Chicken Breast		Grilled Chicken Breast		Grilled Chicken Breast	
	French Fries		French Fries		French Fries		French Fries		French Fries		French Fries		French Fries	
	Sweet Potato Fries		Sweet Potato Fries		Sweet Potato Fries		Sweet Potato Fries		Sweet Potato Fries		Sweet Potato Fries		Sweet Potato Fries	
Exhibition Station														
Asian Action			Pizza Bar and Wings		Taco Tuesday/Quesadilas		Fried Clam Strips		Pizza Bar		Turkey Carving Station, Butchers Block & Wings			
Salad Station														
Salad Bar														
Salad 1	Black Bean & Corn Salsa		Black Bean and Corn Salsa		Black Bean & Corn Salsa		Black Bean and Corn Salsa		Black Bean & Corn Salsa		Black Bean and Corn Salsa			
Salad 2	Pesto Toretellini		Pesto Tortellini		Pesto Toretellini		Pesto Totellini		Pesto Toretellini		Pesto Tortellini			
On The Go	Ham and Cheese Wrap		Broc,Cheddar Pasta		Veggie Crunch Salad		Broc,Cheddar Pasta		Veggie Crunch Salad		Broc,Cheddar Pasta			
On The Go	Grilled Chicken Salad		Grilled Chicken Salad		Grilled Chicken Salad		Grilled Chicken Salad		Grilled Chicken Salad		Grilled Chicken Salad			
	Ham and Cheese Wrap		Ham and Cheese Wrap		Ham and Cheese Wrap		Ham and Cheese Wrap		Ham and Cheese Wrap		Ham and Cheese Wrap			
Pizza OR Deli Station														
Pizza OR Deli Menu			Cheese Pizza						Iron City Pizza					
			Pepperoni Pizza		Deli		Deli				Deli			
			Chicken Parm Hero											