

**RECIPE DESCRIPTIONS
APRIL 2024**

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CATEGORY: ENTRÉE BEEF

BAKED BEEF RIGATONI: mild Italian meat sauce with ground beef (60%) and ground turkey (40%) combined with tender rigatoni (large tube macaroni noodle) then topped with mozzarella cheese then baked to blend the flavors. **Contains: onions, green peppers, mushrooms, crushed tomatoes in puree.**

BAVARIAN STEW: ground beef and ground turkey combined with sliced kielbasa sausage, diced tomatoes, shredded green cabbage, diced potatoes, sliced carrots and celery, and minced onions. Seasoned with parsley, nutmeg, allspice, black pepper, bay leaf, and beef base. **Contains: cabbage, onions.**

BEEF AND BLACK BEAN CHILI: ground beef and ground turkey combined with chopped onions, whole kernel corn, crushed tomatoes in puree and black beans. Seasoned with beef base, garlic powder, chili powder, ground cumin and black pepper. **Contains: cumin, onions, crushed tomatoes in puree.**

BEEF AND CABBAGE BAKE: layers of steamed cabbage and seasoned ground beef/ground turkey filling topped with a zesty tomato sauce. **Contains: onions, crushed tomatoes in puree.**

BEEF COUNTRY FRIED STEAK: an all-beef patty lightly breaded and served with gravy.

BEEF AND POTATO STEW: *see* Country Stew.

BEEF AND RICE MARINARA: ground beef and ground turkey, rice combined with chopped yellow onions, green bell peppers, mushrooms, diced celery, and diced tomatoes. Seasoned with Italian spice mix, basil, and garlic. Garnished with shredded mozzarella and parmesan cheeses. **Contains: onions, celery, green bell peppers, and tomatoes.**

BEEF AND THREE BEAN STEW: *see* Cowboy Campfire Stew

BEEF (GROUND) COUNTRY STEW: ground beef and ground turkey in a rich cream of mushroom sauce combined with fresh, sliced potatoes, green peas, and red peppers. **Contains: onions, mushrooms, red peppers.**

BEEF ENCHILADA BAKE: layered casserole containing flour tortillas layered with shredded jack cheese, ground beef and ground turkey, refried beans, sliced black olives and enchilada sauce. **Enchilada Sauce Contains: cumin, onions.**

BEEF GOULASH, EARLY AMERICAN: ground beef and ground turkey with onions, celery, green bell peppers, corn, and elbow macaroni in a sauce of crushed tomatoes. **Contains: crushed tomatoes, onions, celery, bell peppers.**

BEEF GOULASH, HUNGARIAN: tender diced beef in a sauce of tomato paste and tomato puree, diced onions and celery combined with elbow macaroni and baked to blend the flavors. **Contains: tomato paste, tomato puree, onions, celery.**

BEEF LASAGNA: tender lasagna noodles with alternating layers of special Italian red sauce with ground beef and ground turkey, mozzarella cheese, cottage cheese, and parmesan cheese, then baked to blend the flavors. **Contains: eggs, onions, crushed tomatoes in puree, mushrooms, and bell peppers.**

BEEF MUSHROOM PATTY: ground beef patty baked until tender and served in a rich, brown mushroom sauce. **Contains: mushrooms, onions, tomato paste.**

BEEF PATTY WITH ONION & PEPPER GRAVY: ground beef patty is coated with seasoned flour then baked until tender and topped with rich brown gravy with julienne onions and julienne green pepper strips. **Contains: onions, green peppers.**

BEEF SPANISH RICE BAKE: ground beef/ground turkey is sautéed with onions, celery and green peppers then combined with PFM's Mexican Spice Mix, tomatoes in juice and long grain rice, then baked to blend the flavors. **Contains: cumin, onions, green peppers, tomato puree, and diced tomatoes in juice.**

DICED BEEF STEW: diced beef stewed until tender in a rich seasoned brown sauce then combined with fresh carrots, potatoes, celery and canned diced tomatoes in juice. **Contains: onions, tomatoes.**

GROUND BEEF STEW: ground beef/ground turkey cooked in a rich seasoned brown sauce then combined with fresh carrots, potatoes, celery and canned diced tomatoes in juice. **Contains: onions, tomatoes.**

DICED BEEF STROGANOFF: diced beef cubes simmered until tender in a sour cream mushroom sauce. Usually served over ziti pasta. **Contains: onions, mushrooms.**

GROUND BEEF STROGANOFF: ground beef and ground turkey simmered until tender in a sour cream mushroom sauce. Usually served over ziti pasta. **Contains: onions, mushrooms.**

BEEF SUKIYAKI: diced beef, chopped celery, mushrooms, tomatoes, bamboo shoots, and minced green onions in a thickened sauce of beef base, soy sauce, brown sugar, and white pepper. Should be served over rice. **Contains: green onions, tomatoes, celery.**

BEEF TOMATO AND MACARONI: a delicious blend of seasoned ground beef and ground turkey, a delicate tomato sauce and tender elbow macaroni. **Contains: onions, crushed tomatoes in puree.**

BRAISED BEEF TIPS: diced beef cubes simmered until tender in a rich brown sauce. **Contains: onions, tomato puree.**

CHEESY BEEFY STRATA: bread cubes, seasoned ground beef, shredded cheddar cheese, and a mildly seasoned egg/milk custard are combined and baked until firm and golden brown.

CHILI MACARONI: plump elbow macaroni combined with ground beef and ground turkey, onions, celery, green bell peppers, crushed tomatoes in puree, kidney beans, and an array of spices, including Bateman's own Italian Spice Mix, chili powder, garlic powder, Hungarian Paprika, black pepper, and brown sugar. **Contains: cumin, onions, green pepper, tomatoes.**

CHILI MEATBALLS: country meatballs prepared from ground beef and ground turkey seasoned with onions, celery, mushrooms, and Beef Bouquet Spice Mix, then baked in a tomato sauce seasoned with onions and chili powder. **Contains: cumin, onions, celery, mushrooms, and tomatoes.**

CHILI WITH BEANS: ground beef and ground turkey blended with Mexican spices, ground tomatoes and beans create this mild chili. **Contains: cumin, onions, crushed tomatoes, diced tomatoes.**

CHILI WITH MEAT AND BEANS: ground beef and ground turkey sautéed with minced onions and celery, combined with crushed tomatoes in puree and dark red kidney beans. Beef Bouquet Spice Mix, garlic, cumin, chili powder, black and red pepper, and

brown sugar round out the flavor profile for a mildly spiced chili. **Contains: onions, crushed tomatoes in puree.**

COUNTRY MEATBALLS: meatballs prepared from ground beef and ground turkey seasoned with onions, celery, mushrooms, and Beef Bouquet Spice Mix, then baked. The accompanying sauce is a sour cream mushroom sauce with a delicate flavor profile. **Contains: onions, mushrooms, crushed tomatoes in puree.**

COUNTRY POT PIE WITH DUMPLING: old fashioned ground beef and ground turkey potato pot pie dish topped with a fluffy dumpling and baked until steamy hot. **Contains: onions.**

COWBOY CAMPFIRE STEW: ground beef, ground turkey, minced ham, garbanzo beans, pork and beans, kidney beans all seasoned with a ketchup, molasses sauce. **Contains: onions, ketchup.**

DICED BEEF WITH NOODLES: beef chunks simmered in a rich brown sauce until tender, then combined with ziti pasta and baked to blend flavors. **Contains: onions, a small amount of tomato paste.**

FRITO PIE: mildly spicy blend of ground beef, pinto beans, and a tomato based seasoned sauce, similar to chili. This thick ground beef mixture is topped with a colorful lettuce salad and crispy Frito chips. **Contains: onions, crushed tomatoes in puree.**

GROUND BEEF AND POTATO BAKE: *see* Beef (Ground) Country Stew.

GROUND BEEF AND PASTA: seasoned ground beef and ground turkey combined with ziti pasta, tender celery pieces in a richly flavored brown sauce.

GERMAN MEATBALLS: country meatballs prepared from ground beef and ground turkey, minced onions and cabbage, mushrooms. Seasoned with beef bouquet spice mix, garlic powder, and dill. Served in a sour cream mushroom sauce. **Contains: onions, cabbage, mushrooms.**

IRISH CORNED BEEF & CABBAGE: diced corned beef and cabbage combined with potatoes, onions and carrots. **Contains: onions & cabbage**

ITALIAN MEATBALLS: we make our own meatballs with ground beef and ground turkey, onions, celery, bread crumbs, eggs and seasonings then combine with a mild red sauce and baked. **Contains: onions, mushrooms, crushed tomatoes, tomato paste.**

ITALIAN MEAT LOAF: traditional meat loaf from ground beef and ground turkey seasoned with an Italian spice mix and topped with a mild red sauce. **Contains: onions, green peppers, mushrooms, crushed tomatoes in puree.**

LAYERED BEEF BAKE: alternating layers of rich beef sauce, cheese filling and extra wide noodles comprise this bake. **Contains: ground beef, ground turkey, tomato soup, onions, and green pepper.**

LIVER & ONIONS: tender beef liver nestled between thick brown gravy and plenty of steamed sweet onions. **Contains: onions.**

MEATLOAF: traditional entree made of ground beef (72%) and ground turkey (28%), oats, egg white, and milk. Seasoned with minced onions, minced celery, crushed tomatoes, garlic powder, ground black pepper, and beef base. Usually served with beef gravy. **Contains: onion, celery, tomatoes.**

PORCUPINE MEATBALLS: ground beef and ground turkey, onions, peppers, rice and spices served with a gravy or tomato sauce. **Contains: onions, green peppers.**

SALISBURY PATTY WITH GRAVY: ground beef and ground turkey combined with vegetables and seasonings then formed into an oval patty and baked. The Salisbury Patties once baked are covered with a savory brown gravy. **Contains: onions, crushed tomatoes in puree.**

SHEPHERDS PIE: meat loaf mixture made from ground beef and ground turkey, pressed flat and baked then topped with green peas, seasoned mashed potatoes, whole kernel corn and shredded American cheese. Served with rich brown gravy. **Contains: onions, crushed tomatoes in the meat mixture.**

SPAGHETTI WITH MEAT SAUCE: sautéed ground beef and ground turkey simmered with Italian spice mix and minced fresh vegetables, then combined with tender spaghetti noodles. Garnished with shredded American cheese. **Contain: onions, celery, crushed tomatoes.**

SPINACH CHICKEN/TURKEY PARMESAN MEATBALLS IN CREAMY TOMATO SAUCE: ground chicken and ground turkey mixed with spinach, bread crumbs, onion, parmesan cheese, garlic, and mozzarella served with a creamy tomato based sauce with onion, garlic, tomato paste, red pepper flakes, basil,

oregano and crushed tomatoes. **Contains: onion, garlic, tomato paste, red pepper flakes.**

STUFFED GREEN PEPPER WITH BEEF: seasoned ground beef and ground turkey filling in a fresh green pepper half topped with a zesty tomato sauce. **Contains: onions, green pepper, crushed tomatoes in puree.**

SWEDISH MEATBALLS: ground beef and ground turkey seasoned with a mixture of Beef Bouquet Spice Mix, nutmeg, allspice, garlic and more, then baked until golden. The meatballs are then covered with a creamy mushroom sauce. **Contains: onions, celery, mushrooms.**

SWISS STYLE PATTY: red Italian vegetable sauce over a beef patty and baked until tender. **Contains: onions, celery, carrots, and tomato puree.**

SWISS STYLE STEAK: red Italian vegetable sauce over a cubed beef steak and baked until tender. **Contains: onions, celery, carrots, and tomato puree.**

TAMALE PIE: ground beef and ground turkey, diced tomatoes, minced onions, whole kernel corn, and sliced black olives. Topped with a cornmeal dumpling topping. **Contains: cumin, onions, tomatoes, whole kernel corn, and Mexican spice mix.**

TERIYAKI MEATBALLS: meatballs prepared from a mixture of ground beef and ground turkey seasoned with garlic and ginger baked to a golden brown. The meatballs are then covered with a teriyaki sauce with julienned vegetables. **Contains: soy sauce, pineapple juice, carrots, bean sprouts, onions, green peppers and red peppers.**

TEXAS CHILI: chili made with diced or ground beef, pinto beans, canned tomatoes, green chili peppers, and seasoned with chili powder, cumin, oregano, black pepper, and garlic. **Contains: cumin, green chilies, tomatoes, garlic.**

WESTERN GOULASH: delicious blend of seasoned ground beef and ground turkey, a delicate tomato sauce, tender elbow macaroni, and whole kernel corn. **Contains: onions, crushed tomatoes in puree.**

CATEGORY: ENTRÉE CHICKEN & TURKEY

BBQ CHICKEN SANDWICH: tender chicken chunks smothered in a mildly spiced barbecue sauce served on a whole wheat hamburger bun. **Contains: ketchup.**

BBQ SMOKEHOUSE CHOP: BBQ flavored beef & chicken product in a sparerib shape.

CARIBBEAN SPICE CHICKEN: chicken breasts baked with a seasoning of ginger, curry powder, garlic, and cayenne pepper. Served with a thickened pineapple sauce and garnished with pineapple, shredded coconut, and minced green onion. **Sauce Contains: green onions.**

CHICKEN a LA KING: tender pieces of chicken in a mushroom sauce. **Contains: onions, red and green peppers, mushrooms.**

CHICKEN DIVAN/ RICE: diced chicken with broccoli in a cheesy sauce mixed with rice and spices. **Contains: paprika**

CHICKEN AND DUMPLINGS: rich creamy white sauce combined with fresh potatoes, carrots, celery, onions, lima beans and tender chicken pieces. Topped with a fluffy dumpling. **Contains: onions.**

CHICKEN & LENTIL SANTE FE BAKE: lentils, chicken broth, diced chicken, cumin, cayenne pepper, simmered with onions, garlic, bell peppers, and combine with diced tomatoes, corn, green chilies, and cheese. **Contains: onions, garlic, bell peppers, green chilies, tomatoes, cumin.**

CHICKEN AND PENNE PASTA: tender diced chicken is simmered in a mildly seasoned cream sauce with diced carrots, minced celery and penne pasta. The dish is then topped with a seasoned bread crumb topping and baked to a golden brown. **Contains: carrots, onions, celery, red peppers**

CHICKEN AND VEGETABLE STIR FRY: colorful blend of fresh carrots, snow pea pods, green and red peppers, oriental cut celery, julienne onion strips and mushrooms combined with tender chicken pieces and stir fried in a light garlic sauce, served over a bed of steamed rice. **Contains: onions, mushrooms, green peppers.**

CHICKEN ALFREDO PASTA BAKE: diced chicken and bowtie pasta in a rich cream sauce seasoned with parmesan cheese, white pepper, nutmeg and garlic. **Contains: white pepper, garlic powder.**

CHICKEN BRUNSWICK STEW: Native American stew traditionally made with rabbit or capons, our recipe uses pulled chicken meat for the base. Celery, potatoes, onions, tomatoes, lima beans, whole kernel corn and green peppers comprise the rest of the dish. **Contains: onions, tomatoes, green peppers.**

CHICKEN w/CACCIATORE SAUCE: boneless chicken piece with a spicy Italian tomato sauce. **Contains: tomatoes, onions.**

CHICKEN CHILE RELLANO BAKE: diced chicken mixed with salsa verde, green chilies, spices, and brown rice in a cheese sauce. **Contains: cumin, cream cheese, green chilies, and salsa verde.**

CHICKEN CHOP SUEY: diced chicken cubes simmered in a rich oriental sauce until tender, then combined with bean sprouts, celery, red peppers, green peppers and mushrooms. Served over rice. **Contains: onions, tomato paste, soy sauce, red and green peppers, mushrooms.**

CHICKEN CHOW MEIN: same recipe as chicken chop suey but served with a garnish of crisp Chinese style noodles, not served over rice.

CHICKEN CORDON BLEU: breaded chicken patty layered with one slice each smoked ham & Swiss cheese. Topped with a cream sauce.

CHICKEN ENCHILADA BAKE: layered casserole containing flour tortillas layered with shredded jack cheese, chicken thigh meat, refried beans, sliced black olives and enchilada sauce. **Enchilada sauce Contains: cumin, onions.**

CHICKEN FAJITA BOWL: diced chicken mixed with a Mexican seasoning blend, lime juice, onions, bell peppers, & corn served over brown rice and sprinkled with Cheese. **Contains: onions, bell peppers, cumin**

CHICKEN IN PEANUT SAUCE: diced chicken in a light sauce of creamy peanut butter, chopped onions, chicken base, light soy sauce, garlic and ginger. Served over a bed of pasta or steamed rice. **Contains: onions, peanut butter.**

CHICKEN JAMBALAYA: *see* Southern Chicken & Rice.

CHICKEN LO MEIN: diced chicken and spaghetti noodles with minced onions, shredded cabbage, grated carrots, mushrooms, chopped red bell pepper, peas in a light Asian sauce of chicken base, soy sauce and seasoned with garlic powder, onion powder, ground ginger. Garnished with chopped green onions. **Contains: minced onions, cabbage.**

CHICKEN IN MUSHROOM SAUCE: baked chicken served with a light sauce of chopped tomatoes, minced onions, and seasoned with chicken base, black pepper, and chopped parsley. (formerly marsala) **Contains: onions, tomatoes, black pepper.**

CHICKEN MUSHROOM PASTA BAKE: diced chicken and penne pasta served in light cream sauce of minced onions, parmesan cheese, mushrooms, and seasoned with chicken base, garlic, and parsley. (formerly marsala) **Contains: minced onions, mushrooms.**

CHICKEN PARMESAN: a breaded chicken patty served with Italian tomato sauce of celery, onion, crushed tomatoes, and seasonings and topped with sprinkled parmesan cheese. **Contains: celery, onion, and crushed tomatoes**

CHICKEN PASTA MARINARA: *see* Chicken Spaghetti.

CHICKEN PASTINA: attractive casserole combining chicken thigh meat with penne pasta, tomato sauce, and spinach, topped with Parmesan cheese. **Contains: tomatoes, spinach, and parmesan cheese.**

CHICKEN POMODORO: creamy tomato sauce seasoned with onions, celery, Italian seasoning, basil, garlic and black pepper and combined with diced chicken and penne pasta. **Contains: onions, celery, and black pepper.**

CHICKEN POT PIE: rich creamy white sauce combined with fresh potatoes, carrots, celery, onions, lima beans, and tender chicken served over a biscuit. (Biscuit takes the place of bread). **Contains: onions.**

CHICKEN POTATO HASH: *see* Farmer's Chicken Stew.

CHICKEN RICE BAKE: diced chicken and long grain rice combined with diced celery, onion, mushrooms, green chilies, and a cheese sour cream sauce. **Contains: celery, onions, mushrooms, green chilies.**

CHICKEN & LENTIL SANTA FE BAKE: diced chicken and lentils combined with green chilies, corn, tomatoes, cheddar cheese, green bell pepper, and spices. **Contains: cayenne, cumin, green chilies, and tomatoes.**

CHICKEN & SAUSAGE JAMBALAYA: diced chicken, smoked sausage, rice, diced tomatoes, onion, celery, green bell peppers, cayenne, and seasonings. **Contains: onions, celery, green bell peppers, cayenne, diced tomatoes**

CHICKEN SPAGHETTI: diced chicken simmered with Italian spice mix and minced fresh vegetables, then combined with tender spaghetti noodles. Garnished with shredded American cheese. **Contains: onions, celery, crushed tomatoes.**

CHICKEN SPANISH RICE: diced chicken simmered with vegetables, parboiled rice and a mild array of Spanish seasonings. **Contains: cumin, onions, celery, green peppers, tomatoes diced in juice, tomato puree.**

CHICKEN STEW: tender chicken meat stewed together with fresh carrots, potatoes, celery, onions and seasonings. We then add thickening and green peas for color. **Contains: onions.**

CHICKEN WITH PAPRIKA CREAM SAUCE: chicken breast fillet served in a creamy tomato sauce of sour cream, onion, green bell peppers, red bell peppers, tomato paste, paprika, and spices. **Contains: onion, green/red bell peppers, tomato paste, and paprika.**

CHICKEN WITH SUPREME SAUCE: boneless chicken piece baked to a golden brown, then covered in a delicious supreme sauce and baked to blend the flavors.

CHICKEN TETRAZZINI: diced chicken combined with thin spaghetti noodles and a golden mushroom sauce. **Contains: celery, onions, mushrooms, red peppers.**

CHICKEN/SCALLOPINI SAUCE: boneless chicken piece baked in a mushroom sauce, seasoned with garlic and an aromatic blend of Italian spice mix. **Contains: mushrooms, onions, tomato paste.**

CHICKEN SAUSAGE GUMBO: diced chicken and polish-style sausage simmered with onions, celery, and green bell peppers in a rich brown chicken flavored broth seasoned with garlic, tabasco, thyme, white pepper, and cayenne. Served over steamed white rice. **Contains: onions, celery, green peppers.**

CHICKEN w/PASTA & BROCCOLI: diced chicken combined with chopped tomatoes, mushrooms, broccoli, and garlic in a thickened vegetable base flavored stock and served over ziti pasta. **Contains: tomatoes, garlic.**

CHICKEN WITH CORDON BLEU SAUCE: breaded chicken patty topped with a cream sauce containing melted Swiss cheese and minced ham.

CREAMED CHICKEN AND VEGETABLES: rosemary/thyme cream sauce with sautéed vegetables and tender chicken chunks. **Contains: onions, green and red peppers, green peas, celery.**

CREAMED TURKEY AND VEGETABLES: rosemary/thyme cream sauce with sautéed vegetables and tender turkey chunks. **Contains: onions, green and red peppers, green peas, celery.**

FARMER'S CHICKEN STEW: diced chicken, onions, celery, green bell peppers, and potatoes baked in a chicken gravy tomato sauce. **Contains: onions, celery, and green bell peppers.**

GARLIC CHICKEN: baked chicken piece, seasoned with garlic and other spices.

HEARTY CHICKEN STEW: tender chicken meat stewed together with fresh carrots, potatoes, celery, onions and seasonings. We then add thickening and green peas for color. **Contains: onions.**

HEARTY TURKEY STEW: diced turkey, fresh carrots, potatoes, celery, onions, & spice mixture (rosemary, thyme, tarragon, parsley, and marjoram). We then add thickening and green peas for color. **Contains: onions.**

HERBED CHICKEN: diced chicken pieces, onions, red and green peppers flavored with an Italian marinade. Usually served on a bun. **Contains: onions, peppers.**

HERBED CHICKEN PATTY: baked, breaded chicken patty with Italian herb mixture (basil, oregano, parsley, rosemary, marjoram, thyme and bay leaves) sprinkled on top.

HONEY MUSTARD CHICKEN: chicken marinated in a Dijon mustard sauce, flavored with tarragon and baked.

HS TURKEY PATTY: a delicious blend of ground turkey, vegetables and seasonings formed into an oval patty and baked until golden brown and tender. May be served with a poultry gravy.

ITALIAN HERB CHICKEN: chicken basted with a delicate Italian herb seasoning mixture and baked to a golden brown.

KING RANCH CHICKEN BAKE: diced chicken with alternating layers of creamy ranch style chili sauce, taco chips and cheddar cheese. **Contains: onions, crushed tomatoes in puree mushroom soup, lime juice.**

KING RANCH TURKEY BAKE: tender diced turkey with alternating layers of creamy ranch style chili sauce, taco chips and cheddar cheese. **Contains: onions, crushed tomatoes in puree, mushroom soup, and lime juice.**

LEMON HERB CHICKEN: chicken breast fillet seasoned with a lemon spiced mixture. **Contains: lemon juice, paprika**

LIMA BEANS AND TURKEY HAM: dry lima beans and diced ham flavored meat made from turkey simmered with diced onions and seasonings. **Contains: diced onions, tomato puree.**

MEXICAN PASTA BAKE: diced chicken and penne pasta combined with crushed tomatoes, black beans, sliced green onions and sour cream. Seasoned with Mexican spice mix and garnished with shredded cheddar cheese. **Contains: cumin, green onions.**

ORANGE GLAZED CHICKEN: chicken baked to a golden brown and coated with a sweet Orange Glaze and garnished with fresh orange sections.

ROTISSERIE-STYLE CHICKEN: chicken thighs or breasts brushed with a glaze of melted margarine, honey, garlic, Worcestershire and tabasco sauces, thyme, basil, oregano, and rosemary. Baked until slightly crusty and golden brown.

SCALLOPED POTATOES AND TURKEY HAM: sliced potatoes, diced ham flavored meat made from turkey combined in a mild cream sauce then baked to blend the flavors. **Contains: onions.**

SHOYU CHICKEN: chicken basted with a light ginger soy sauce marinade and then baked until golden brown.

SOUTHERN CHICKEN & RICE: diced chicken mixed with rice, diced celery, onions, green bell peppers, and canned tomatoes. Seasoned with garlic powder, thyme, bay leaves, white and cayenne red pepper. **Contains: celery, onions, bell peppers, garlic powder, and white/red cayenne pepper seasoning.**

SOUTHERN TURKEY & RICE: tender turkey chunks combined with rice, vegetables and seasonings for a **very mild** Cajun style dish. **Contains: onions, tomatoes.**

SOUTHWEST CHICKEN: baked chicken served with a tomato sauce containing green, diced chili peppers and minced onions. Also seasoned with cumin, garlic powder, and black pepper and garnished with sliced almonds. **Contains: green chili peppers, onions, tomato sauce, almonds.**

SWEET AND SOUR CHICKEN: chicken chunks combined with a sweet & sour sauce with fresh julienne carrot strips, green pepper strips and pineapple tidbits. **Contains: onions, green and red peppers.**

TERIYAKI CHICKEN SANDWICH ON A BUN: julienne strips of chicken are combined in a mild teriyaki brown sauce and served over a bun.

TERIYAKI TURKEY OVER RICE: turkey chunks simmered in a brown ginger teriyaki sauce with julienne strips of onions and green peppers, served over steamed white rice. **Contains: pineapple juice, onions, and green peppers.**

TURKEY APPLE MEATBALLS: handmade meatballs made with ground turkey, onion, celery, apple slices, bread crumbs, apple juice, and spices. **Contains: onions, celery**

TURKEY BRUNSWICK STEW: Native American stew traditionally made with rabbit or capons, our recipe uses diced turkey meat for the base. Celery, potatoes, onions, tomatoes, lima beans, whole kernel corn and green peppers comprise the rest of the dish. **Contains: onions, tomatoes, green peppers.**

TURKEY JAMBALAYA: *see* Southern Turkey & Rice.

TURKEY MARSALA PASTA BAKE: diced turkey and penne pasta served in light cream sauce of minced onions, parmesan cheese, and mushrooms and seasoned with chicken base, garlic, and parsley. **Contains: minced onions, mushrooms.**

TURKEY LOAF: ground turkey combined with rolled oats, egg whites, vegetables, and seasonings formed into a loaf and baked to a golden brown. Served with a cream sauce. **Contains: crushed tomatoes, onions, celery.**

TURKEY AND NOODLES: *see* Turkey and Penne Pasta.

TURKEY AND PENNE PASTA: tender diced turkey is simmered in a mildly seasoned cream sauce with diced carrots, minced celery and penne pasta. The dish is then topped with a seasoned bread crumb topping and baked to a golden brown. **Contains: carrots, onions, celery, red peppers.**

TURKEY ALFREDO PASTA BAKE: diced turkey and bowtie pasta in a rich cream sauce seasoned with parmesan cheese, white pepper, nutmeg and garlic. **Contains: white pepper, garlic powder.**

TURKEY CHOP SUEY: diced turkey cubes simmered in a rich oriental sauce until tender, then combined with bean sprouts, celery, red peppers, green peppers and mushrooms. **Contains: onions, tomato paste, soy sauce, red and green peppers, mushrooms**

TURKEY CHOW MEIN: same recipe as turkey chop suey, but served with a garnish of crisp Chinese style noodles, not served over rice.

TURKEY DIVAN BAKE: layers of fluffy lemon seasoned rice, cheese sauce, turkey chunks, and steamed broccoli cuts are alternated in a pan, baked to blend the flavors. **Contains: cheese.**

TURKEY LO MEIN: diced turkey and spaghetti noodles with minced onions, shredded cabbage, grated carrots, mushrooms, chopped red bell pepper, peas in a light Asian sauce of chicken base, soy sauce and seasoned with garlic powder, onion powder, ground ginger. Garnished with chopped green onions. **Contains: minced onions, cabbage.**

TURKEY PASTINA: attractive casserole combining chicken thigh meat with penne pasta, tomato sauce, and spinach, topped with Parmesan cheese. **Contains: tomatoes, spinach, and Parmesan cheese.**

TURKEY POT PIE WITH DUMPLING: creamy white sauce combined with fresh potatoes, carrots, celery, onions, lima beans and tender turkey pieces. **Contains: onions.**

TURKEY RICE BAKE: diced turkey and long grain rice combined with diced celery, onion, mushrooms, green chilies, and a cheese sour cream sauce. A variation of chicken rice bake. **Contains: celery, onions, mushrooms, green chilies.**

TURKEY STUFFED PEPPER: seasoned ground turkey filling in a fresh green pepper half topped with a zesty tomato sauce. **Contains: onions, green peppers, crushed tomatoes in puree.**

TURKEY TETRAZZINI: tender turkey strips combined with thin spaghetti noodles and a golden mushroom sauce. **Contains: celery, onions, mushrooms, red peppers.**

WAIKIKI CHICKEN: chicken baked with a flavorful Hawaiian sauce. **Contains: soy sauce, crushed pineapple, green peppers.**

WHITE BEAN CHILI WITH CHICKEN: diced chicken combined with white beans, diced green chili peppers, chopped onions, and Mexicali corn. Seasoned with chicken base, chili powder, oregano, cumin, and black pepper. **Contains: cumin, green chilies, and onions.**

WHITE CHICKEN LASAGNA: tender lasagna noodles with alternating layers of light cheese sauce, chicken, chopped red bell pepper and spinach, and a mixture of mozzarella cheese, cottage cheese, and Parmesan cheese, then baked to blend the flavors. **Contains: eggs, spinach, and red bell peppers.**

Allergen Disclaimer: Our production kitchen uses the following products in meal preparation: tree nuts, peanuts, soy, eggs, milk, fish, shellfish, wheat, and other products containing gluten. We cannot guarantee that menu items are free of allergens because we use shared equipment and handle common allergens throughout the supply chain.

CATEGORY: ENTRÉE FISH

BAKED FISH WITH CREOLE SAUCE: white fleshed fish baked until tender then topped with a flavorful creole sauce. **Contains: onions, green peppers, mushrooms, crushed tomatoes, tomato paste.**

BAKED FISH VERA CRUZ: fish fillets seasoned with lime juice and cayenne pepper. Baked and served with a warm sauce of chopped onions, tomatoes, jalapeno peppers, and lemon juice. **Contains: onions, tomatoes, jalapeno peppers.**

BAKED FISH WITH SPANISH SAUCE: tender white fleshed fish baked with a mildly spicy Spanish sauce. The Spanish sauce is a light tomato sauce product filled with fresh vegetables and seasonings. **Contains: onions, green peppers, tomatoes.**

BREADED FISH: pollock fish with whole grain breading.

TUNA & PASTA AU GRATIN: chunky tuna and penne pasta combined with a light cream sauce and seasonings, baked with a cheddar cheese top. Fresh carrots and red peppers add color to this dish. **Contains: onions, peppers.**

TUNA AND PENNE PASTA: chunky tuna penne pasta combined with a light cream sauce and seasonings. Carrots add color to this dish. **Contains: onions.**

TUNA CROQUETTES: flaked tuna, seasoned bread crumbs and sautéed vegetables are mixed together and then formed into a ball shape before baking to a golden brown. **Contains: onions, red peppers.**

TUNA LOAF: flaked tuna combined with rice, bread crumbs, eggs, vegetables and seasonings formed into a loaf and baked to a golden brown. **Contains: red peppers, onions.**

TUNA SALAD: canned water packed tuna, drained, and combined with mayonnaise, pickle relish, diced hard cooked eggs, minced celery and red onion. Used as a sandwich filling. **Contains: pickle relish, onions.**

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CATEGORY: ENTRÉE PORK

DICED PORK AND RICE: diced pork cubes tenderized with tomato paste and Hungarian paprika, then combined with diced tomatoes in juice, soy sauce, brown sugar, garlic powder, ginger powder, white pepper and fluffy white rice. **Contains: tomatoes, onions.**

DICED PORK AND PENNE PASTA (Southern Pork Pasta): diced pork cubes simmered in a savory brown sauce until tender then combined with penne pasta. **Contains: onions.**

HAM AND VEGETABLE FRITTATA: *see* Ham & Vegetable Omelet Bake

HAM AND VEGETABLE OMELET BAKE: chopped ham and broccoli or spinach, and minced onions, mushrooms, carrots, shredded cheese, and a mildly seasoned egg/milk custard are combined and baked until firm and golden brown. **Contains: onions, mushrooms, carrots.**

HOME STYLE PORK PATTY: (*also* known as Country Sausage Patty) a delicious blend of ground pork, vegetables and seasonings formed into an oval patty and baked until golden brown and tender. May be served with either a country style (high fat/kcal) or pork gravy.

HUNGARIAN PORK CHOPETTE: pork chopette served in a sauce of cream of mushroom soup and sour cream, seasoned with thyme, parsley, black pepper, and chopped onions.

LIMA BEANS AND HAM: dry lima beans and diced smoked ham simmered with diced onions and seasonings. **Contains: diced onions, tomato puree.**

PORK CHOP SUEY: diced pork cubes simmered in a rich oriental sauce until tender, then combined with bean sprouts, celery, red peppers, green peppers and mushrooms. Served over brown rice. **Contains: onions, tomato paste, red and green peppers, mushrooms.**

PORK CHOW MEIN: same recipe as pork chop suey but served with garnish of crisp Chinese style noodles, not served over rice.

PORK CHOPPIE: baked pork patty shaped in chop form.

PORK CHOPPIE w/APPLES: pork chopette served with a sauce of sliced apples, minced onions, dark raisins, cranberry sauce, black pepper, nutmeg, cloves, basil, and brown sugar.

PORK SAUSAGE GRAVY: ground sausage cooked into a creamy gravy of flour and milk. Usually served as an entree over a biscuit.

PORK SESAME BROCCOLI: Asian flavored casserole containing diced pork layered with steamed rice broccoli florets, pimento, and a sauce with garlic, soy sauce and chicken base. Garnished with sesame seeds. Same as Sesame Ginger Pork but without ginger.

RED BEANS & RICE: red beans, smoked sausage, onion, celery, green bell peppers, garlic powder, cayenne, cheese, rice, salt, Louisiana hot sauce.

Contains: onions, celery, green bell peppers, cayenne, Louisiana hot sauce.

ROAST PORK: pork with added spice mixture (salt, pepper, rosemary, thyme, sage, and garlic powder.

SAUSAGE MUSHROOM STRATA: bread cubes, chopped mushrooms, ground pork sausage, and shredded cheddar cheese, combined with a mildly seasoned egg/milk custard and baked until firm and golden brown.

SCALLOPED POTATOES AND HAM: sliced potatoes, diced ham combined in a mild cream sauce then baked to blend the flavors. **Contains: onions.**

SESAME GINGER PORK: layered casserole dish containing white rice, minced yellow onions, diced pork, and broccoli florets in a sauce of garlic, ground ginger, soy sauce, and chicken base. Garnished with sesame seeds and minced green onions. Same as Pork Sesame w/Broccoli which has no ginger. **Contains: onions.**

SOUTHERN PORK PASTA: *previously diced pork and penne pasta.* diced pork cubes simmered in a savory brown sauce until tender then combined with penne pasta. **Contains: onions.**

SWEET AND SOUR PORK: diced pork cubes combined with a sweet & sour sauce with fresh julienne carrot strips, green pepper strips and pineapple tidbits. **Contains:** onions, green and red peppers.

TERIYAKI PORK OVER RICE: pork chunks simmered in a brown ginger teriyaki sauce with julienne strips of onions and green peppers, served over steamed white rice. **Contains:** pineapple juice, onions, and green peppers.

WESTERN PORK STEW: tender pork chunks are stewed together with an array of fresh vegetables, including onions, carrots, and celery. Kidney beans add color to this dish.

CATEGORY: ENTRÉE MEATLESS

CALIFORNIA THREE CHEESE BAKE: *see* Cheese & Green Chili Bake.

CHEESE & GREEN CHILI BAKE: mixture of brown rice, minced onions, shredded carrots, diced green chilies, diced black olives, cottage cheese, and sour cream. Seasoned with garlic powder, white pepper, and Mexican spice mix. Garnished with a mixture of shredded cheddar and Monterey jack cheese. **Contains: cumin, onions, shredded carrots, green chilies, ripe olives.**

CHEESE STRATA WITH VEGETABLES: bread cubes, spinach or broccoli cuts, shredded cheddar cheese, and a mildly seasoned egg/milk sauce are combined and baked until firm and golden brown.

CREAMY PASTA w/VEGETABLES: chopped cauliflower, broccoli, carrots, and mushrooms served in a mild cheese sauce of cottage cheese, parmesan cheese, yogurt, and milk seasoned with a cayenne pepper and served over pasta.

GARDEN VEGETABLE LASAGNA: *see* Vegetable Lasagna.

LASAGNA CHEESE ROLL-UP: tender lasagna noodle rolled with ricotta cheese and served with marinara sauce. **Contains: tomatoes**

MACARONI AND CHEESE: rich creamy cheese sauce combined with elbow macaroni.

MACARONI AND CHEESE FLORENTINE: rich creamy cheese sauce combined with elbow macaroni and spinach.

PASTA PRIMAVERA: spaghetti noodles served in a mozzarella sour cream sauce with chopped broccoli, sliced carrots, black olives, and minced onions. Garnished with diced fresh tomatoes just before service. **Contains: onions.**

SOUTHWEST OMELET BAKE: chopped broccoli or spinach, and minced onions, mushrooms, carrots, green chili peppers, diced black olives, shredded cheddar and Monterey jack cheeses, combined with a mildly Mexican seasoned egg/milk custard and baked until firm and golden brown. **Contains: cumin, onions, mushrooms, carrots, green chili peppers.**

SPICY SOUTHWEST PASTA: penne pasta, corn, onions, tomatoes, pinto beans, and green chilies in a cheesy creamy sauce. **Contains: onions, tomatoes, & green chilies**

SPINACH CHEESE STRATA: bread cubes, chopped spinach, shredded cheddar cheese, and a mildly seasoned egg/milk custard are combined and baked until firm and golden brown.

SPINACH QUICHE: tender pie crust filled with spinach and an egg custard then baked until golden brown.

THREE CHEESE (CALIFORNIA) CASSEROLE: base layer of vegetable rice mixture followed by a cheddar, Monterey jack, and cottage cheese, and sour cream filling topped with shredded cheese. **Contains: onions, shredded carrots, green chilies, ripe olives.**

THREE CHEESE LASAGNA: tender lasagna noodles with alternating layers of special Italian red sauce and three cheese mixture of mozzarella cheese, cottage cheese, and Parmesan cheese, then baked to blend the flavors. **Contains: eggs, onions, mushrooms, crushed tomatoes in puree.**

VEGETABLE a LA KING: fresh broccoli and cauliflower along with frozen green beans, lima beans and green peas are simmered until tender. A delicate nutmeg cream sauce is then made and combined with the vegetables. **Contains: onions, mushrooms, red peppers.**

VEGETABLE FRITTATA: *see* Vegetable Omelet Bake.

VEGETABLE LASAGNA: tender lasagna noodles with alternating layers of special Italian red sauce with loads of fresh vegetables, mozzarella cheese, parmesan cheese and steamed spinach, chopped broccoli, or zucchini, then baked to blend the flavors. **Contains: eggs, onions, crushed tomatoes in puree, mushrooms, and green peppers.**

VEGETABLE OMELET BAKE: chopped broccoli or spinach, and minced onions, mushrooms, carrots, shredded cheese, and a mildly seasoned egg/milk custard are combined and baked until firm and golden brown. **Contains: onions, mushrooms, and carrots.**

VEGETABLE STRATA: bread cubes, chopped broccoli or spinach, shredded cheddar cheese, and a mildly seasoned egg/milk custard are combined and baked until firm and golden brown.

VEGETABLES ROMANOFF: ziti pasta, broccoli and small red beans combined together with a rich creamy parmesan cheese sauce.

VEGETARIAN CHILI: sautéed green bell peppers, minced celery and onions, combined with crushed tomatoes in puree and dark red kidney beans. Seasoned with Italian spice mix, chili powder, parsley, red cayenne pepper, tabasco and vinegar round out the flavor profile for a mildly spiced vegetarian chili garnished with shredded cheddar.
Contains: cumin, onions, crushed tomatoes in puree.

ZUCCHINI LASAGNA: mild Italian red sauce serves as the base for this bake. Alternating layers of lasagna noodles, cheese filling, seasoned zucchini and red sauce are assembled then baked to blend the flavors. **Contains: onions, mushrooms, crushed tomatoes, tomato paste.**

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CATEGORY: SALADS

ENTRÉE

ASIAN CHICKEN MINI SALAD: diced chicken in a mix of red peppers, green bell peppers, peas, shredded carrots, onions, and water chestnuts. Served with ginger sauce and chow mein pasta.

BBQ CHICKEN SALAD: diced chicken mixed with bbq sauce with cheddar cheese. Served over lettuce greens.

Contains: bbq sauce.

BEEF TACO SALAD: ground beef, ground turkey, pinto beans, tomatoes, green chilies, onions, taco seasoning, and cheddar cheese. Served with Tortilla chips.

Contains: green chilies and taco seasoning.

CHEF MINI SALAD: diced turkey and ham on a bed of chopped fresh spinach and romaine lettuce.

CHICKEN CAESAR SALAD: bias-cut chicken strips served on a mixed bed of chopped iceberg and romaine lettuce. Garnished with sliced black olives, chopped green onions, shredded parmesan cheese, croutons, and Caesar salad dressing. **Contains: black olives, green onions.**

CHICKEN PASTA SALAD: colorful rainbow rotelle noodles combined with fresh steamed broccoli buds, fresh cauliflower, fresh tomato wedges and tender diced chicken combined with an Italian dressing.

CHICKEN SALAD: diced chicken combined with mayonnaise, minced celery and red onions. Used as a sandwich filling. **Contains: onions.**

CORONATION CHICKEN SALAD: *see* Curried Chicken and Rice Salad

CURRIED CHICKEN AND RICE SALAD: cooked white rice and wild rice, diced chicken, chopped green onion and red bell pepper and pineapple tidbits mixed into a dressing of mayonnaise, plain yogurt, vinegar, honey, curry powder, ginger, and Worcestershire sauce. Served on a bed of chopped lettuce.

CURRIED CHICKEN SALAD: diced chicken combined with raisins, minced yellow and green onions and diced celery. Dressed with mayonnaise and mild curry powder. **Contains: onions, raisins.**

EGG, BACON, LETTUCE, TOMATO & TOFU SALAD: diced, hard cooked eggs combined with crumbled firm tofu and bacon bits. Garnished with fresh diced tomatoes and croutons. May be served on a bed of lettuce, i.e., spinach romaine or other mixed leafy greens.

EGG SALAD: diced, hard cooked eggs combined with mayonnaise mustard, sweet pickle relish, minced celery and red onions. Used as a sandwich filling. **Contains: mustard, sweet pickle relish, onions.**

GARDEN CHICKEN MINI SALAD: diced chicken and celery on a bed of chopped fresh spinach and romaine lettuce. Garnished with parmesan cheese. Served with Caesar salad dressing or dressing of choice.

GREEK CHICKEN PASTA SALAD: diced chicken with cucumbers, carrots, black olives, penne pasta, and feta cheese mixed with Italian dressing. Served on a bed of chopped fresh spinach and romaine lettuce. **Contains: black olives and feta cheese.**

GARDEN TURKEY MINI SALAD: diced turkey and celery on a bed of chopped fresh spinach and romaine lettuce. Garnished with parmesan cheese. Served with Caesar salad dressing or dressing of choice.

HAM & CHEESE MINI SALAD: mixture of diced ham and mozzarella cheese.

HAWAIIAN PORK SALAD: sliced pork flavored with teriyaki sauce on a bed of lettuce garnished with green onions, cilantro, and pineapple tidbits with sesame dressing. **Contains: onions, cilantro, & pineapple.**

MANDARIN CHICKEN SALAD: diced chicken combined with mandarin oranges, almonds, & Chinese noodles on a bed of lettuce garnished with an Asian dressing. **Contains: almonds, soy sauce, sesame oil, sesame seeds, and ground ginger**

PASTA SALAD WITH TURKEY HAM: garden rotelle noodles, chopped broccoli, cauliflower, green onions and tomatoes with diced turkey ham in a lite Italian dressing. **Contains: tomatoes, onions.**

POTATO & HAM SALAD: cooked diced potato with cubed ham and minced yellow onion mixed into a creamy dressing of light mayonnaise, cottage cheese, diced egg, yellow prepared mustard, sugar, and chopped parsley. Served on a bed of chopped lettuce.

POTATO & HAM MINI SALAD: *see* Potato & Ham Salad.

SANTA FE CHICKEN SALAD: diced chicken is combined with julienne cut sweet red and green bell peppers, jicama, black beans, whole kernel corn, fresh diced tomatoes, minced chives, parsley, and ranch dressing. Served on a bed of chopped spinach, romaine, and iceberg lettuce. Additional ranch dressing is served on the side. **Contains: chives.**

SANTA FE TURKEY SALAD: diced chicken is combined with julienne cut sweet red and green bell peppers, jicama, black beans, whole kernel corn, fresh diced tomatoes, minced chives, parsley, and ranch dressing. Served on a bed of chopped spinach, romaine, and iceberg lettuce. Additional ranch dressing is served on the side. **Contains: chives.**

TURKEY CLUB (BACON) MINI SALAD: diced turkey, bacon, celery and red onion on a bed of chopped fresh spinach and romaine lettuce. Garnished with shredded cheddar cheese. Serve with salad dressing of choice. **Contains: onions.**

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FRUIT

CITRUS BLEND SALAD: mixture of canned mandarin orange pieces, grapefruit segments, and pineapple tidbits.

ORANGE AND PINEAPPLE SALAD: broken mandarin orange pieces and pineapple tidbits mixed together. May be made with fresh oranges.

TROPICAL FRUIT SALAD: combination of fresh orange pieces, grapefruit segments and pineapple tidbits garnished with coconut.

CARDINAL PEAR MOLD: pear chunks in a raspberry or strawberry gelatin mold.

CITRUS MOLD: mixture of canned mandarin orange pieces, grapefruit segment, and pineapple tidbits in gelatin. The gelatin may be red (cardinal), lime, orange, or lemon.

LIME PEAR FRUIT MOLD: lime gelatin filled with pear chunks and chilled until firm.

MANDARIN PEAR SALAD: mandarin orange pieces and diced pears combined in an orange gelatin mold.

ORANGE PEAR MOLD: orange flavored gelatin filled with pear chunks and chilled until firm.

ORANGE DELIGHT: orange flavored gelatin topped with whipped topping

PERFECTION SALAD MOLD: lemon or lime gelatin combined with chopped green cabbage, minced celery, and red peppers chilled until firm.

RASPBERRY YOGURT DESSERT MOLD: delicious blend of raspberry gelatin, plain yogurt, and whipped topping chilled until firm. Served with a dollop of whipped topping.

SPICED PEACH MOLD: peach slices, cloves and cinnamon are combined with orange gelatin and set for this mold.

STRAWBERRY YOGURT MOLD: blend of strawberry gelatin, plain yogurt, sliced strawberries, and whipped topping chilled until firm. Serve with a dollop of whipped topping.

STRAWBERRY WHIP: blend of strawberry gelatin and whipped topping all whipped together until light and fluffy.

SUNSHINE GELATIN MOLD: shredded carrots and crushed pineapple in a lemon gelatin mold.

VEGETABLE

ASIAN COLESLAW: mixture of shredded cabbage, carrots, zucchini, green bell pepper, scallions, and sesame seeds in a dressing of reduced sodium soy sauce, white vinegar, water, brown sugar, sesame oil, and vegetable oil. Garnished with crisp Chinese noodles. **Contains: bell peppers, scallions.**

BLACK BEAN & CORN SALAD: black beans, corn, red bell peppers, green bell peppers, cilantro, garlic, lime juice, onion powder, and spices. **Contains: bell peppers, cilantro, lime juice, and onion powder.**

BROCCOLI CAULIFLOWER CRAISIN SALAD: fresh broccoli florets, fresh cauliflower, celery, raisins (dried cranberries), & sunflower seeds tossed gently in a creamy dressing. **Contains: dried cranberries, celery, seeds**

BROCCOLI RAISIN (BACON) SALAD: fresh broccoli florets shredded with minced green onions, raisins, sunflower seeds and bacon bits mixed with a dressing of sugar, vegetable oil, and rice vinegar. **Contains: onions, raisins, seeds, bacon.**

CARROT MANDARIN SALAD: finely shredded carrots, raisins, broken mandarin orange pieces combined in a dressing of light mayonnaise, evaporated milk, and sugar. **Contains: raisins.**

CARROT PINEAPPLE SALAD: finely shredded carrots, raisins, pineapple tidbits combined in a dressing of light mayonnaise, evaporated milk, and sugar. **Contains: raisins.**

CARROT RAISIN SALAD: finely shredded carrots and raisins combined in a dressing of light mayonnaise, evaporated milk, and sugar. **Contains: raisins.**

COLESLAW, APPLE CRANBERRY: shredded cabbage, chopped fresh apple, dried cranberries, mixed with a dressing of mayonnaise, Greek yogurt, honey, and apple cider vinegar.

COLESLAW, BROCCOLI RANCH: shredded fresh broccoli florets with minced yellow onion mixed with a dressing of mayonnaise, buttermilk, parsley, onion powder, garlic powder, dill weed and black pepper. **Contains: onions.**

COLESLAW, CARROT: shredded green cabbage, carrots, and minced onions in a dressing of light mayonnaise, mustard, and sugar. **Contains: onions.**

COLESLAW, CILANTRO: shredded green cabbage, red cabbage, carrots, cilantro, fresh jalapeño, green onions, cumin, and black pepper in a dressing of light mayonnaise. **Contains: cilantro, fresh jalapeño, green onions, & cumin**

COLESLAW, CONFETTI: shredded green cabbage, red cabbage, and carrots in a dressing of light mayonnaise, mustard, sugar, cider vinegar, celery seed, white pepper, and onion powder. **Contains: celery seed.**

COLESLAW, COUNTRY: shredded green cabbage, carrots, and minced onions in a dressing of light mayonnaise, mustard, sugar, cider vinegar, celery seed, black pepper, and evaporated milk. **Contains: onions, celery seed.**

COLESLAW, CREAMY: shredded green cabbage in a dressing of light mayonnaise, honey, cider vinegar, celery seed, white pepper, and evaporated milk. **Contains: celery seed.**

COLESLAW, PINEAPPLE: shredded green cabbage, carrots, and pineapple tidbits in a dressing of light mayonnaise, mustard, sugar, cider vinegar, white pepper and onion powder.

COMBINATION SALAD: head lettuce, green onions, cucumber slices, grated carrots, green peppers, celery, radishes and tomato wedges all tossed together and served with dressing on the side. **Contains: onions, green peppers.**

COPPER PENNY SALAD: sliced, cooked carrots marinated in an old fashioned cooked tomato soup sauce flavored with sugar, Worcestershire sauce and dry mustard. **Contains: onions, green peppers.**

CREAMY CUCUMBER SALAD: cucumbers are diced and combined with minced onions, red peppers for color and a light mayonnaise spiced dressing. **Contains: onions, red peppers.**

CUCUMBERS & RED ONION SALAD: thinly sliced cucumbers and red onion slices are combined with a sweetened low calorie Italian dressing and marinated overnight to blend flavors. **Contains: onions.**

DUTCH POTATO SALAD: diced cooked potatoes with finely chopped green bell pepper, minced green onions, and chopped fresh parsley mixed with a dressing of plain nonfat yogurt, vinegar, Dijon mustard, caraway seeds, black ground pepper and olive oil. **Contains: green peppers, green onions.**

GARBANZO BEAN SALAD: garbanzo beans, red onions, red bell peppers, parsley, garlic, and Italian dressing. **Contains: onions and red bell peppers.**

GREEN PEA SALAD: green peas, diced eggs, onions, celery in a creamy dressing. **Contains: onions.**

MARINATED BROCCOLI SALAD: fresh broccoli cuts, cauliflower, celery, carrots, diced tomato and red onions, marinated in a sweet vinegar dressing. **Contains: tomatoes, onions.**

MARINATED KIDNEY BEAN SALAD: kidney beans, frozen green peas, canned red peppers, and minced onions in a dressing of oil, cider vinegar, Worcestershire sauce, tabasco sauce, garlic powder, sugar, dry mustard, and black pepper. **Contains: onions, peppers.**

MARINATED SPRING GARDEN SALAD: chopped green cabbage, sliced carrots, diced green bell pepper, and sliced cucumbers mixed with an Italian style dressing.

MARINATED VEGETABLE SALAD: fresh broccoli cuts, cauliflower, celery, carrots, diced tomato and red onions, marinated in a light Italian dressing. **Contains: tomatoes and onions.**

MARINATED ZUCCHINI SALAD: fresh zucchini, red and green peppers, celery, onions marinated overnight in a sweet vinegar marinate. **Contains: onion.**

MEXICALI (MARINATED) CORN SALAD: whole kernel corn, dark red kidney beans, onions, red and green bell peppers, and diced green chili peppers **marinated** in a vinaigrette dressing of oil, cider vinegar, sugar, salt, black pepper, garlic powder, dry mustard powder, celery seed, and whole leaf oregano. **Contains: onions, peppers.**

RED CABBAGE SALAD: green shredded cabbage, carrots, apple cider vinegar, and black pepper. **Contains: onions.**

SALAD, GARDEN VEGETABLE: chopped spinach, romaine, and iceberg lettuce with chopped broccoli and cauliflower, shredded carrots, and diced tomatoes. **Contains: broccoli, cauliflower.**

SALAD, GREEK: chopped romaine and iceberg lettuce with sliced red onions, diced tomatoes and cucumbers, chopped black olives and crumbled feta cheese. Dressed with a vinaigrette of vegetable oil, vinegar, ground oregano and black pepper. **Contains: onions, cucumbers.**

SALAD, POTATO: sliced potatoes, celery, onion, chopped egg, mayonnaise, mustard, white pepper, pickle relish, red diced peppers.

SALAD, ROMAINE ICEBERG: chopped romaine and iceberg lettuce with chopped green cabbage, shredded carrots, diced celery, and sliced radishes. **Contains: cabbage, radishes.**

SALAD, SPINACH: chopped fresh spinach with diced green onions, shredded carrots and red cabbage, and diced hard cooked eggs. **Contains: green onions, cabbage, eggs.**

SALAD, SPINACH ROMAINE: chopped fresh spinach and romaine lettuce with chopped green cabbage, shredded carrots, diced celery, and sliced radishes. **Contains: cabbage, radishes.**

SALAD, TOSSED: chopped iceberg lettuce with chopped green cabbage, shredded carrots, diced celery and green bell pepper, and sliced radishes. **Contains: cabbage, bell pepper, radishes.**

CATEGORY: VEGETABLES

BEETS, HARVARD: diced beets in a sauce of thickened beet juice, sugar, cider vinegar, cloves, cinnamon, and bay leaf.

BEETS, ORANGE GLAZED: diced beets in a sauce of thickened beet juice, sugar, reconstituted orange juice and ginger.

BEETS, PICKLED: diced beets in a sauce of thickened beet juice, sugar, cider vinegar, cloves, allspice, and onions. **Contains: onions**

BROCCOLI NORMANDY: mix of broccoli florets, crinkle-cut carrots and cauliflower florets.

CABBAGE, RED AND APPLES: red cabbage, flavored with apples and chopped onions in a sauce of apple juice, brown sugar, and vinegar.

CABBAGE AND CARROTS: mix of cubed green cabbage and sliced carrots seasoned with garlic and onion powder.

CALICO CORN: whole kernel corn, red diced peppers, sugar, onion powder, and garlic powder. **Contains: red diced peppers**

CHEF CUT SPRING VEGETABLES: broccoli, carrots, yellow squash, zucchini, and cauliflower.

CHUCKWAGON CORN: corn, green bell peppers, yellow onions, and red diced peppers.

CAPRI BLEND VEGETABLES: mix of julienne cut carrots, bias cut green beans, quarter slices of yellow squash and slices of crinkle-cut zucchini.

CARROTS, GLAZED: sliced crinkle-cut carrots in a sauce of melted margarine or Butter Buds and brown sugar.

CARROTS, HAWAIIAN: smooth sliced carrots in a sauce containing pineapple juice, crushed pineapple, dark raisins, ginger, and white pepper.

CARROTS, LYONNAISE: sliced crinkle-cut carrots seasoned with melted margarine or Butter buds containing minced yellow onion, sugar, parsley flakes, and black pepper.

CARROTS, SEASONED: sliced crinkle-cut carrots seasoned with salt and melted margarine or Butter Buds.

CORN, CHUCKWAGON: whole kernel corn and chopped red bell peppers.

CORN, MAQUE CHOUX: corn, whole kernel, frozen; corn, creamed; onions, yellow, ¼” diced, fresh; green pepper, ¼” diced, fresh.

CORN, O’BRIEN: corn, green bell peppers, and red diced peppers.

CORN, TEX MEX: corn, frozen; tomatoes, diced, canned; green bell pepper, diced, fresh; onion, diced.

COUNTRY COTTAGE BLEND: zucchini, frozen; carrots, frozen; green beans, frozen.

COUNTRY TRIO VEGETABLES: mix of whole kernel corn, crinkle-cut carrot slices and cut green beans.

FIESTA BLEND VEGETABLES: corn, frozen; black beans; onions, diced.

GREEN BEANS WITH RED DICED PEPPERS: green beans, red diced peppers and white pepper. **Contains: red diced peppers**

IMPERIAL BLEND VEGETABLES: mix of julienne-cut green beans, cut broccoli, strips of sweet onion, and mushroom slices. (formerly Asian/Oriental)

ITALIAN BEAN MEDLEY: green beans, frozen; wax beans, cut, frozen; pinto beans, canned; garbanzo beans, canned.

ITALIAN BLEND VEGETABLES: mix of sliced zucchini, cauliflower florets, carrot nuggets, cut Italian green beans, baby lima beans and red peppers.

ITALIAN SQUASH: yellow squash, sliced, frozen; zucchini squash, sliced, frozen; onions, diced; tomatoes, diced; mozzarella cheese, small amount.

KEY WEST BLEND VEGETABLES: whole green beans, carrots, yellow carrots, and red peppers.

KYOTO BLEND VEGETABLES: edamame, broccoli, carrots, corn, & red bell peppers.

LAZY PIEROGI: cavatappi pasta, sauerkraut, onions, mushrooms, cream of mushroom soup.

MALIBU BLEND VEGETABLES: broccoli, carrots, cauliflower, and yellow carrots.

MEXICALI BLEND VEGETABLES: mix of whole kernel corn, dark red kidney beans, diced onions, and chopped green and red bell peppers.

MIXED VEGETABLES 4-WAY: mix of diced carrots, whole kernel corn, green beans, and peas.

MIXED VEGETABLES 5-WAY: mix of diced carrots, whole kernel corn, green beans, peas, and lima beans.

OREGON BEAN MEDLEY: mix of cut green and wax beans, kidney beans, baby lima beans, peas and julienne-cut carrots.

POTATOES, AUGRATIN: sliced potatoes cooked in a white sauce containing melted American cheese and sprinkled with a toasted bread crumbs and cheese topping.

POTATOES, CHANTILLY: mashed potatoes that are infused with garlic, cheese, and a sour cream sauce.

POTATOES, COLCANNON: mashed potatoes mixed with minced green onion and finely shredded cabbage. Irish in origin.

POTATOES, DELMONICO: diced potatoes cooked in a white sauce containing minced yellow onions and diced red and green bell peppers seasoned with paprika, garlic

powder, and white pepper.

POTATOES, GARLIC WHIPPED: mashed potatoes mixed with garlic powder.

POTATOES, HASHBROWN CASSEROLE: hash brown potatoes, onions, green peppers, mushrooms, celery, parsley flakes, mixed together in a creamy sauce with cheese and bread crumbs sprinkled on top. **Contains: onions, mushrooms, celery**

POTATOES, LYONNAISE: diced potatoes cooked in a white sauce containing minced yellow onions and seasoned with paprika, garlic powder, and white pepper (similar to Delmonico but without the bell peppers).

POTATOES, RED DICED: red potatoes, basil, oregano, rosemary, marjoram, thyme, bay leaves, parsley, dill weed, white pepper, garlic powder.

POTATOES w/SOUR CREAM & CHIVES: white potatoes whipped with sour cream, dried chives, margarine, and white pepper.

POTATOES, WHIPPED: mashed potatoes with paprika.

RATATOUILLE VEGETABLE BLEND: yellow squash, sliced, frozen; zucchini squash, sliced, frozen; onions, diced; tomatoes, diced; parmesan cheese, small amount.

ROMANA BLEND VEGETABLES: carrots, frozen; Italian green beans, frozen; zucchini.

SAN FRANCISCO BLEND VEGETABLE: yellow and orange sliced carrots, broccoli florets and red pepper strips

SCANDINAVIAN BLEND VEGETABLES: mix of green peas, crinkle-cut sliced zucchini, cut green beans, shoestring carrots and chopped onions.

SICILIAN BLEND VEGETABLES: whole green beans, carrots, cauliflower, red and yellow peppers, and onions.

SUCCOTASH: mix of whole kernel corn, lima beans, and a very small amount of minced yellow onion.

SWEET POTATOES, CUT, CANDIED: canned cut sweet potatoes in a thickened sauce of melted butter, white sugar, and brown sugar and oven baked.

SWEET POTATOES, WHIPPED: sweet potatoes whipped until smooth with melted margarine and cinnamon.

TOMATOES, ESCALLOPED: canned diced tomatoes mixed with chopped yellow onions, celery, and green bell peppers and seasoned with sugar, basil, and white pepper. Garnished with toasted bread cubes.

TOMATOES, STEWED: canned diced tomatoes mixed with chopped yellow onions, sugar, and basil.

WINTER BLEND VEGETABLES: broccoli and cauliflower spears.

YAMS, SAVORY: mixture of whipped sweet potatoes and whipped white potatoes seasoned with margarine, garlic powder, onion powder, and white pepper.

CATEGORY: DESSERT

BARS/COOKIES

ALMOND COOKIE: almond flavored sugar cookie.

BANANA CHOCOLATE CHIP BAR: cake-like bar made with bananas and chocolate chips.

BUTTERSCOTCH BAR: similar to a brownie, but butterscotch flavor with walnuts.
Contains: nuts.

CHOCOLATE OATMEAL BAR: brownie-like bar with oatmeal and chocolate chips.

CINNAMON SUGAR COOKIE: vanilla and cinnamon flavored sugar cookie sprinkled with cinnamon and sugar on top.

COWBOY COOKIE: basic brown sugar cookie with rolled oats and chocolate chips.

CRANBERRY CRUNCH: jellied cranberry sauce baked between layers of rolled oats, brown sugar and margarine.

FRENCH APPLE PIE SQUARES: baked dessert containing apple pie filling with raisins, on pie crust, with streusel topping (brown sugar, margarine, oats, and flour).

GRACES CHOCOLATE COOKIE/BAR: chocolate flavored cookie dough flavored with dry chocolate pudding mix instead of cocoa powder. **Contains: chocolate chips, chopped walnuts.**

HERMIT BAR: dense bar cookie made with molasses, cinnamon, cloves, nutmeg and raisins. **Contains: raisins**

JOY'S APPLESAUCE COOKIE: moist cookie made with applesauce, raisins, cinnamon, cloves, and nutmeg. **Contains: raisins**

KEY LIME SQUARE: thin layer of egg custard flavored with sugar and lime juice and tinted green; baked on a shortbread cookie base of confectioner's sugar, flour, and margarine. Garnished with confectioner's sugar after baking.

LEMON BLONDIE: similar to a light a brownie, but with lemon flavor and white chocolate chips. **Contains: lemon extract, lemon juice**

LEMON SQUARE: thin layer of egg custard flavored with sugar and lemon juice and tinted yellow; baked on a shortbread cookie base of confectioner's sugar, flour, and margarine. Garnished with confectioner's sugar after baking.

LEMON COOKIE: lemon flavored sugar cookie.

MOCHA NUT COOKIE: chocolate cookie containing walnuts and chocolate chips and flavored with coffee powder. **Contains: walnuts**

MOLASSES COOKIE: dark cookie sweetened with molasses and flavored with cinnamon, nutmeg, ginger and cloves.

PEACH CRUNCH: baked dessert similar to Cranberry Crunch: layer of sweet pastry on bottom, peach filling in the middle, and brown sugar/oatmeal/ margarine mixture on top.

PEANUT BUTTER BAR: similar to a brownie, but with Peanut Butter Flavor
Contains: peanut butter

PINEAPPLE NUT COOKIE: crushed pineapple and chopped walnuts are combined with a brown sugar cookie dough. **Contains: pineapple.**

PUMPKIN BAR: cake-like bar made with pumpkin and walnuts. May be iced with a cream cheese frosting. **Contains: walnuts.**

PUMPKIN PIE SQUARE: pumpkin custard baked on a pastry pie crust, cut in squares.

RANGER COOKIE: oatmeal, coconut, brown sugar, and raisin combination baked to a golden brown.

RICE KRISPIE BAR: popular dessert with crisped rice cereal and marshmallows.

SCOTTISH APPLE BAR: brownie-like bar with sugar, cinnamon, vanilla extract, apples, and walnuts.

SNICKERDOODLE BAR: cake-like bar made with sugar and cinnamon.

STRAWBERRY CRUNCH: baked dessert similar to Cranberry Crunch; layer of sweet pastry on bottom, strawberry jam in middle, and brown sugar/oatmeal/ margarine mixture on top.

ZUCCHINI BROWNIE: chocolate cake-like bar containing shredded zucchini, chocolate chips, and walnuts. **Contains: walnuts.**

CAKES & ICINGS

APPLESAUCE GINGERBREAD: similar to a cake, with applesauce, molasses, sugar, cinnamon, nutmeg, ground ginger, and ground cloves.

CAKE, APPLE HARVEST (STREUSEL) SPICE CAKE: spice cake mix blended with drained, diced, canned apples with a topping of brown sugar, cinnamon, nutmeg, and chopped walnuts.

CAKE, BLACK FOREST: devil's food cake topped with cherry pie filling and nondairy whipped topping.

CAKE, CANDY CANE: white cake batter tinted pink swirled together with white cake batter in one pan. Frosted with pink buttercream frosting and garnished with crushed candy canes.

CAKE, CARROT AND ZUCCHINI W/LEMON CREAM CHEESE FROSTING: batter with sugar, flour, vanilla extract, all purpose flour, baking powder, baking soda, shredded carrots, chopped zucchini, ground ginger. Cream cheese frosting with lemon extract and Neufchatel cheese.

CAKE, CHERRY: made from a purchased cherry cake mix.

CAKE, CHOCOLATE: made from a purchased chocolate cake mix

CAKE, CHOCOLATE MARBLE: chocolate and vanilla cake batters swirled together in one cake.

CAKE, CHOCOLATE PEANUT BUTTER: chocolate cake mix combined with peanut butter. May be frosted with either chocolate buttercream icing or whipped topping blended with peanut butter.

CAKE, COFFEE: sugar, flour, cinnamon, salt, baking powder, eggs, milk

CAKE, POKE N POUR: baked white cake that has been poked with a large diameter fork and warm liquid gelatin is poured over the cake and chilled until set. Gelatin flavors

may be cherry, strawberry, raspberry, lemon, lime, or orange. “Frosted” with whipped topping.

CAKE, COCONUT SNOWBALL: white cake mix combined with shredded coconut. Then frosted with white buttercream icing and garnished with shredded coconut on top of the icing.

CAKE, COCONUT TREASURE: yellow cake mix combined with shredded coconut, then frosted with white buttercream icing and garnished with shredded coconut on top of the icing.

CAKE, ORANGE: white cake batter mixed with orange juice instead of water. May be frosted with orange buttercream icing.

CAKE, PINK CONFETTI: white cake batter mixed with multicolored decorate sprinkles and frosted with buttercream icing tinted pink. The cake is garnished with multicolored decorate sprinkles.

CAKE, RED DEVIL BEET: beets pureed, unsweetened chocolate, sugar, eggs, flour, and oil are combined for a nutritious, delicious cake. A powdered sugar dusting replaces icing to keep the calories down.

CAKE, SHAMROCK: white cake mix combined with pistachio pudding, green food color, and a buttercream frosting (sugar, milk, vanilla extract, butter)

CAKE, SPICE: spice cake mix combined with cinnamon, nutmeg, and allspice. May be frosted with white buttercream icing.

CAKE, TIRAMISU: yellow cake mix combined with cinnamon, coffee, vanilla flavoring, and chocolate chips.

CAKE, TRES LECHES: white cake mix with sweetened and condensed milk. Topped with a cool whip topping.

FROSTING, BANANA: cake icing made from powdered sugar, margarine, milk, and banana flavoring.

FROSTING, BUTTERCREAM: cake icing made from powdered sugar, margarine, milk, and vanilla flavoring.

FROSTING, CHOCOLATE: cake icing made from powdered sugar, margarine, milk, vanilla flavoring, and baking cocoa.

FROSTING, CHOCOLATE MINT: cake icing made from powdered sugar, margarine, milk, peppermint flavoring, and baking cocoa.

FROSTING, CHOCOLATE PEANUT BUTTER: cake icing made from powdered sugar, margarine, milk, vanilla flavoring, baking cocoa, and creamy peanut butter.

FROSTING, LEMON: cake icing made from powdered sugar, margarine, milk, and lemon flavoring.

FROSTING, MAPLE: cake icing made from powdered sugar, margarine, milk, and maple flavoring.

FROSTING, MOCHA: cake icing made from powdered sugar, margarine, milk, vanilla flavoring, instant coffee powder, and baking cocoa.

FROSTING, MINT: cake icing made from powdered sugar, margarine, milk, and peppermint extract.

FROSTING, ORANGE: cake icing made from powdered sugar, margarine, milk, and orange flavoring.

COBBLERS & CRISPS

COBBLER, APPLE: diced apples in a brown sugar, cinnamon, nutmeg sauce with a poured sweet biscuit topping.

COBBLER, MIXED FRUIT: diced mixed fruit cocktail in a brown sugar, cinnamon, nutmeg sauce with a poured sweet biscuit topping.

COBBLER, PEACH: diced peaches in a brown sugar, cinnamon, nutmeg sauce with a poured sweet biscuit topping.

COBBLER, PEAR: diced pears in a brown sugar, cinnamon, nutmeg sauce with a poured sweet biscuit topping.

COBBLER, RHUBARB: diced rhubarb in a thick white sugar sauce with a poured sweet biscuit topping.

COBBLER, RHUBARB-APPLE: combination of diced rhubarb and diced apples in a light brown sugar, cinnamon, nutmeg sauce with a poured sweet biscuit topping.

CRISP, APPLE: diced apples in a brown sugar, cinnamon, nutmeg sauce with a streusel topping of brown sugar, cinnamon, flour, oatmeal, and margarine.

CRISP, APPLE-CRANBERRY: diced apples and seasonal fresh or frozen cranberries in a brown sugar, cinnamon, nutmeg sauce with a streusel topping of brown sugar, cinnamon, flour, oatmeal, and margarine.

CRISP, APPLE-RHUBARB: diced apples and seasonal fresh or frozen rhubarb in a brown sugar, cinnamon, nutmeg sauce with a streusel topping of brown sugar, cinnamon, flour, oatmeal, and margarine.

CRISP, MIXED FRUIT: diced mixed fruit cocktail in a white sugar and cinnamon sauce with a streusel topping of brown sugar, cinnamon, flour, oatmeal, and margarine.

CRISP, PEACH: diced peaches in a white sugar and cinnamon sauce with a streusel topping of brown sugar, cinnamon, flour, oatmeal, and margarine.

CRISP, PEAR: diced pears in a brown sugar, cinnamon, nutmeg sauce with a streusel topping of brown sugar, cinnamon, flour, oatmeal, and margarine.

CRISP, PINEAPPLE: pineapple tidbits in a white sugar and almond extract sauce with a streusel topping of brown sugar, cinnamon, flour, oatmeal, and margarine.

CRISP, PINEAPPLE PEACH: pineapple tidbits and diced peaches in a white sugar and cinnamon sauce with a streusel topping of brown sugar, cinnamon, flour, oatmeal, and margarine.

CRISP, RHUBARB: diced rhubarb in a thick white sugar sauce with a streusel topping of brown sugar, cinnamon, flour, oatmeal, and margarine.

FRUIT

GOLDEN FRUIT CUP: mixture of canned peaches, mandarin orange segments, and pineapple tidbits.

RHUBARB APPLESAUCE: diced rhubarb cooked, thickened, and sweetened then blended with applesauce. Served cold.

SPICED APPLES: canned apple slices with brown sugar, cinnamon and nutmeg.

SPICED PEACHES: canned peaches with cloves and cinnamon.

PUDDINGS

BAKED CUSTARD: milk, eggs, sugar, vanilla, and nutmeg blended together and baked until set.

BANANA COCONUT PUDDING: instant vanilla pudding flavored with banana flavoring and shredded coconut. **Contains: shredded coconut.**

BANANA PUDDING, HOMESTYLE: scratch mix pudding made from dry milk powder, sugar, instant starch, liquid milk, vanilla and banana extract, nutmeg, and egg shade color.

BUTTERSCOTCH PUDDING: instant pudding with butterscotch flavor.

BREAD PUDDING: delicate sweet egg custard poured over bread cubes and raisins then baked until firm. Served cold.

CARAMEL APPLE PUDDING: scratch mix pudding made from dry milk powder, sugar, instant starch, vanilla extract, apple juice, caramel syrup, and food coloring.

CINNAMON CHOCOLATE PUDDING scratch mix pudding made from dry milk powder, sugar, instant starch, baking cocoa powder, liquid milk, vanilla extract and cinnamon

CHOCOLATE FLUFF (MOUSSE): chocolate pudding is combined with whipped topping for a light fluffy dessert.

CHOCOLATE PUDDING, HOMESTYLE: scratch mix pudding made from dry milk powder, sugar, instant starch, baking cocoa powder, liquid milk and vanilla extract.

CHOCOLATE COCONUT PUDDING, HOMESTYLE: scratch mix pudding made from dry milk powder, sugar, instant starch, baking cocoa powder, liquid milk, vanilla and coconut extract.

CHOCOLATE ORANGE PUDDING, HOMESTYLE: scratch mix pudding made from dry milk powder, sugar, instant starch, baking cocoa powder, liquid milk, vanilla and orange extract.

CHOCOLATE S'MORES PUDDING, HOMESTYLE: scratch mix pudding made from dry milk powder, sugar, instant starch, baking cocoa powder, liquid milk and vanilla extract. Chocolate chips are stirred in, garnished with miniature marshmallows and broken graham crackers.

COCONUT HEAVENLY PUDDING: vanilla pudding combined with a nondairy whipped topping, coconut, marshmallows, and pineapple juice.

CRANBERRY FLUFF: vanilla pudding combined with a nondairy whipped topping, frozen cranberries, and walnut pieces for a light mousse style dessert.

GELATIN JEWELS WITH WHIPPED TOPPING: gelatin of any flavor cut into cubes and topped with a nondairy whipped topping.

LEMON FLUFF: lemon pudding combined with a nondairy whipped topping for a light mousse style dessert.

LIME WHIP: lime gelatin mixed with whipped nondairy topping.

MOCHA PUDDING: chocolate pudding flavored with instant coffee powder.

ORANGE WHIP: orange gelatin mixed with orange juice and nondairy whipped topping.

PINEAPPLE FLUFF: crushed pineapple combined with vanilla pudding mix and whipped nondairy topping.

RICE PUDDING: creamy milk based kettle cooked pudding with cooked rice and plumped raisins, flavored with sugar and vanilla, and garnished with a sprinkle of ground cinnamon.

STRAWBERRY WHIP: strawberry gelatin mixed with whipped nondairy topping

TAPIOCA PUDDING: scratch mix pudding made from dry milk powder, sugar, tapioca pearls, and vanilla extract.

VANILLA PUDDING, HOMESTYLE: scratch mix pudding made from dry milk powder, sugar, instant starch, liquid milk and vanilla extract.

CATEGORY: SAUCES, SIDES (STARCHES) & SALAD DRESSINGS

ALFREDO SAUCE: rich cream sauce seasoned with parmesan cheese, white pepper, nutmeg and garlic. **Contains: ground white pepper, garlic powder.**

APPLE BERRY SAUCE: apples, cranberry sauce, raisins, and the right blend of spices come together for the perfect accompaniment to any meat

APPLE CHUTNEY SAUCE: apples, brown sugar, lemon juice, ginger, and the right blend of spices come together for the perfect accompaniment to any meat.
Contains: ginger

BALSALMIC VINAIGRETTE: balsamic vinegar, garlic, and Dijon mustard mixed together to make a delicious addition to any salad.

BAVARIAN CREAM SAUCE: *previously Swedish sauce.* sauce made with cream of mushroom soup, mushrooms, onions, parsley, tomato paste, caramel food coloring, garlic powder, flour, paprika, nutmeg, allspice, & sour cream. **Contains: onions & tomato paste.**

CACCIATORE SAUCE: red tomato sauce made with minced celery, onion, green bell peppers, diced tomatoes, crushed tomatoes, and tomato paste seasoned with Italian spice mix, garlic, black pepper and fennel seed. **Contains: onions, celery, bell pepper, black pepper.**

CIDER GLAZE: sauce made with diced apples, apple juice, brown sugar, dry mustard, and nutmeg. Usually served Hot with a protein.

CILANTRO LIME SAUCE: sauce made with cilantro, shallots, garlic, and creamy Caesar dressing. Usually served Hot with a protein

CHEESE SAUCE: sauce made with flour, white pepper, garlic powder, milk, and mixture of cheeses.

CHILI SAUCE: dark red sauce made with crushed tomatoes, minced yellow onion, diced green chili peppers and seasoned with garlic, cumin, chili powder, and oregano.
Contains: cumin, green chili peppers.

CORDON BLEU SAUCE: white sauce containing melted Swiss cheese and minced ham. **Contains: white pepper.**

CREAM SAUCE: white sauce seasoned with chicken spice mix, garlic powder, and white pepper. A mild sauce served hot with poultry or fish. **Contains: white pepper.**

CREOLE SAUCE: red tomato sauce made with minced celery, onion, green bell peppers, crushed tomatoes, tomato paste, diced mushrooms and seasoned with Italian spice mix, garlic, cayenne pepper and tabasco and Worcestershire sauces. **Contains: onions, celery, bell pepper, cayenne pepper.**

DILL SAUCE: white sauce seasoned with dill, white pepper, and garlic powder. **Contains: white pepper.**

DIJON HONEY MUSTARD SAUCE: sauce made with dijon mustard, oil, flour, milk, cider vinegar, brown sugar, worcestershire sauce, & white pepper.

DIJONNAISE: Fifty-fifty mixture of light mayonnaise and Dijon mustard. Served cold for sandwiches. A high sodium sauce at 146 mg sodium per 1 tablespoon.

DRESSINGS, SALAD: dressings available are Caesar, French, Italian, Ranch, Raspberry Vinaigrette, Spicy French, & Thousand Island.

ENCHILADA SAUCE: spicy tomato based sauce containing onions, pureed tomatoes and Mexican spices. **Contains: cumin, onions, tomatoes, cayenne pepper.**

FRENCH DRESSING: *see* Spicy French Salad Dressing.

GARLIC MUSHROOM SAUCE (MARIO SAUCE): garlic, mushrooms, onions, tomato paste, beef concentrate. **Contains: onions, tomatoes, mushrooms.**

GRAVY, BEEF/BROWN: gravy made with beef base, flour, garlic powder, black pepper, onion powder, tomato paste, and caramel food color. **Contains: tomato paste**

GRAVY, COUNTRY: gravy made with chicken base, flour, milk, salt, parsley, onion powder and black pepper.

GRAVY/SAUCE, MUSHROOM: gravy made with mushrooms, onion, tomato paste, parsley, garlic powder, black pepper, flour. **Contains: onion, tomato paste**

GRAVY/SAUCE, PEPPERCORN: peppercorns, milk, and beef concentrate.

GRAVY, PORK: gravy made with tomato paste, chicken base, beef base, garlic powder, white pepper, onion powder, caramel food coloring, rosemary, thyme, sage, flour. **Contains: tomato paste**

GRAVY, POULTRY: gravy made with chicken base, flour, garlic powder, onion powder, white pepper, and chicken spice mix (sage, rosemary, thyme, marjoram, parsley, tarragon).

GREEK DRESSING: red wine vinegar, starch, oregano, black pepper, and vegetable oil mixed together.

HONEY MUSTARD SAUCE: sweet and tangy sauce made of honey, prepared yellow mustard, brown sugar, lemon juice, and mandarin oranges. Usually served hot with poultry or ham.

ITALIAN MARINADE: see Italian Dressing

ITALIAN MEAT SAUCE: sauce made with ground beef, ground turkey, onions, celery, green bell peppers, crushed tomato, tomato paste, brown sugar, garlic powder, basil, oregano, rosemary, marjoram, thyme, bay leaves, sage, parsley, black pepper, and flour.

Contains: onions, celery, green bell peppers, crushed tomato, and tomato paste

MARINARA SAUCE: tomato based sauce made with onion, green bell peppers, granulated garlic, italian seasoning, black pepper, tomato paste, & crushed tomato.

Contains: onion, green bell peppers, tomato paste, & crushed tomatoes.

CREAMY MUSHROOM SAUCE: dark tomato based sauce containing minced yellow onions, diced mushrooms, and seasoned with parsley, garlic, black pepper, and beef bouquet spice mix. Served hot over beef, veal, poultry or pork. (formerly Marsala)

MOLE SAUCE: mild, dark southwestern sauce made with diced onions, tomato puree, sugar, chili powder, cumin, paprika, garlic powder, oregano, cinnamon, cocoa powder, and creamy peanut butter. Often combined with diced chicken or pork and served over rice.
Contains: cumin, onions, peanut butter.

ORANGE GLAZE: orange juice based sauce containing mandarin oranges, sugar, and cinnamon. Usually served hot with pork or poultry.

PEACH GINGER SAUCE: sauce made with diced peaches, ginger, brown sugar, cinnamon, and nutmeg. **Contains: ginger, cinnamon, and nutmeg.**

PINEAPPLE SAUCE: pineapple juice based sauce containing crushed pineapple, brown sugar, and ginger. Usually served hot with pork or poultry.

RAISIN (RUM) SAUCE: a dark sauce containing dark raisins, brown sugar, and caramel color and seasoned with nutmeg, cinnamon, and rum extract. Usually served hot over ham.

RICE, CONFETTI: white or brown rice with mushrooms, green peas, red and green bell peppers cooked in a chicken broth. **Contains: mushrooms and bell peppers.**

RICE, SPANISH: white or brown rice with tomato paste, tomatoes, green bell peppers and spices. **Contains: tomatoes and bell peppers.**

SCALLOPINI SAUCE (Tomato & Mushroom Sauce): dark brown made with mushrooms, diced onions, tomato paste, and caramel color seasoned with parsley flakes, Italian spice mix, garlic, and black pepper. May be served over beef, veal, pork or poultry.
Contains: onions, black pepper.

SHOYU SAUCE: dark sauce containing diced yellow onions, soy sauce, brown sugar, and molasses and seasoned with garlic, ginger, and white pepper. Usually served hot over poultry.

SOUTHWEST SAUCE: red sauce made with minced onion, green chili peppers, and tomato sauce and tomato paste seasoned with Mexican spice mix, cumin, garlic, and black pepper. **Contains: cumin, onions, green chili peppers, black pepper.**

SPANISH SAUCE: red tomato sauce made with minced celery, onion, green bell peppers, red bell peppers, and diced tomatoes and seasoned with garlic, parsley, oregano, and black pepper. **Contains: cumin, onions, celery, bell peppers, and black pepper.**

SPECIAL ITALIAN RED SAUCE: sauce made with onion, celery, crushed tomato, tomato paste, brown sugar, italian seasoning, garlic powder, & black pepper. **Contains: onion, celery, tomato paste, crushed tomatoes**

***SPECIAL SAUCE: (Special Event):** mixture of light mayonnaise, tomato catsup, bottled chili sauce, sweet pickle relish, and Worcestershire sauce. Served cold for sandwiches. **High sodium sauce = 148 mg sodium per 1 tablespoon*

SPICY FRENCH SALAD DRESSING: sweet red salad dressing made from cider vinegar, sugar, catsup, yellow onion, Worcestershire sauce, garlic powder, and celery seed.

SUPREME SAUCE: white sauce seasoned with chicken spice mix, garlic powder, onion powder, and white pepper. **Contains: white pepper.**

SWEDISH SAUCE: sauce made with cream of mushroom soup, mushrooms, onions, parsley, tomato paste, caramel food coloring, garlic powder, flour, paprika, nutmeg, allspice, & sour cream. **Contains: onions & tomato paste.**

SWEET AND SOUR SAUCE: red sauce containing tomato catsup, brown sugar, pineapple juice, and cider vinegar.

TARTAR SAUCE: sauce made of light mayonnaise, plain yogurt, and dill pickle relish, diced red bell pepper, minced yellow onion and seasoned with parsley flakes, garlic powder, sugar, paprika, and cayenne pepper. Usually served cold with fish.

TERIYAKI SAUCE: sauce made with pineapple juice, carrots, onions, brown sugar, soy sauce, cider vinegar, garlic powder, ginger, white pepper, bean sprouts, green bell peppers, & red diced peppers. **Contains, onions, ginger, green bell peppers, & red diced peppers.**

TOMATO & MUSHROOM SAUCE: *previously scallopini sauce.* dark brown made with mushrooms, diced onions, tomato paste, and caramel color seasoned with parsley flakes, Italian spice mix, garlic, and black pepper. May be served over beef, veal, pork or poultry. **Contains: onions, black pepper.**

VERA CRUZ SAUCE: sauce made of minced onions, diced canned green chili peppers, red diced peppers, diced fresh tomatoes, lemon and lime juice, and cayenne pepper. Thickened with starch, usually served hot over fish or chicken.

WESTERN CHEESE SAUCE: cheese sauce made with a mixture cheeses with the addition of green bell peppers, ham, onions, and worcestershire sauce.
Contains: ham, green bell peppers, and onions.

CATEGORY: SOUP & CHOWDER

CHOWDER, CORN: whole kernel corn and cubed potatoes simmered in a chicken based stock with diced fresh celery and onions. **Contains: milk, diced onions, celery.**

CHOWDER, POPEYE POTATO: thick and creamy potato chowder is made with fresh potato cubes, chopped spinach, minced celery, and shredded American cheese. **Contains: milk, minced onions.**

SOUP, BEEF BARLEY: diced beef simmered in a beef based stock with barley, fresh vegetables and seasonings. **Contains: tomato paste, sliced carrots and celery, diced rutabaga, onions.**

SOUP, CHICKEN AND PASTA: chicken pieces and shell macaroni simmered with fresh vegetables and seasonings in a chicken-based stock. **Contains: sliced carrots and celery, diced onions.**

SOUP, CHICKEN AN RICE: diced chicken with white rice simmered in chicken-based stock with diced onions, celery, and carrots. **Contains: minced onions, celery.**

SOUP, CHICKEN TORTILLA: diced chicken with corn tortilla strips simmered in chicken base stock with black beans, corn, tomatoes, onions, green chilies, and spices. **Contains: cumin, green chilies, onions, tomatoes**

SOUP, CHUNKY TOMATO AND RICE: creamy soup with diced, canned tomatoes and tomato puree with white rice. **Contains: milk, Worcestershire sauce.**

SOUP, CREAM OF BROCCOLI: frozen chopped broccoli simmered in a vegetable-based stock with nonfat dry milk and processed American cheese. **Contains: milk, minced onions, celery, garlic, white, red cayenne pepper.**

SOUP, CREAM OF CAULIFLOWER: frozen chopped cauliflower simmered in a vegetable based stock with nonfat dry milk and processed American cheese. **Contains: milk, minced onions, celery, garlic, white, red cayenne pepper.**

SOUP, GREEN SPLIT PEA: dry green split peas simmered together with minced ham, fresh vegetables and seasonings. **Contains: minced carrots, celery, onions.**

SOUP, HAM BARLEY: diced ham simmered in a beef and chicken based stock with barley, fresh vegetables and seasonings. **Contains: diced carrots, celery, potato, minced onions.**

SOUP, LENTIL: lentils simmered together with minced turkey ham, fresh vegetables and seasonings. **Contains: minced turkey ham, carrots and celery, diced onions, crushed tomatoes in puree.**

SOUP, LENTIL POTATO SOUP (VEGETARIAN): lentils with diced onions, garlic, carrots, diced potatoes in a vegetable base. **Contains: carrots, diced onions, tomato paste, tomato sauce.**

SOUP MINNESTRONE: fresh vegetable soup made of diced carrots, zucchini, onions, and tomatoes, sliced celery, green cabbage pieces, julienned spinach, and small shell macaroni. Beans may be northern, dark kidney, or garbanzo. **Contains: diced onions, tomatoes.**

SOUP, NAVY BEAN: dry navy or great northern beans simmered with minced smoked ham, fresh vegetables and seasonings until the beans are tender and the soup is thick. **Contains: minced ham, onions and celery, shredded carrots, diced tomatoes in juice.**

SOUP, PINTO BEAN: pinto beans simmered with ground ham pieces, onions, celery, minced carrots, diced tomatoes and seasonings. **Contains: ham, onions, diced tomatoes.**

SOUP, POPEYE POTATO CHOWDER: cubed potatoes simmered in a vegetable based stock with minced celery, onions, chopped spinach, and shredded American cheese. **Contains: milk, celery, onions.**

SOUP, POTATO ONION CHOWDER: cubed potatoes simmered in a vegetable based stock with fresh vegetables and seasonings. **Contains: milk, minced celery and onions, sliced green onions.**

SOUP, SAUSAGE AND KALE: onion, red pepper, celery, carrots, sausage, kale, white beans, and tomato. **Contains: onions, red pepper, celery, tomato**

SOUP, SIX BEAN (BACON): black eyed peas, pinto beans, navy beans, kidney beans, garbanzo beans, and lima beans simmered in a chicken based stock with diced tomatoes, minced onion, celery, carrots, green bell pepper, and crumbled cooked bacon. **Contains: beans, onion, and green pepper.**

SOUP, TOMATO BASIL: tomato sauce based soup seasoned with celery, onions, garlic, white pepper, and basil. **Contains: milk, minced onions, celery.**

SOUP, TOMATO FLORENTINE: *see* Tomato Spinach and Pasta Soup.

SOUP, TOMATO PASTA AND SPINACH: diced, canned tomatoes simmered in a vegetable based stock with green bell peppers, yellow onions, spinach, shell pasta, garlic, and basil. **Contains: diced onions, green pepper, diced tomatoes in juice.**

SOUP, VEGETARIAN VEGETABLE: diced and sliced fresh and frozen whole vegetables simmered in a vegetable based stock with tomato puree and diced tomatoes in juice. Vegetables include onions, sliced carrots and celery, potato cubes, whole kernel corn, peas, green cabbage, lima beans, green pepper, long grain white rice, and barley. **Contains: diced onions and green pepper, fresh cabbage pieces, lima beans, diced tomatoes in juice.**

Allergen Disclaimer: Our production kitchen uses the following products in meal preparation: tree nuts, peanuts, soy, eggs, milk, fish, shellfish, wheat, and other products containing gluten. We cannot guarantee that menu items are free of allergens because we use shared equipment and handle common allergens throughout the supply chain.

CATEGORY: SANDWICHES

BUFFALO CHICKEN SANDWICH: diced chicken in a creamy and spicy hot Frank's sauce, & ranch dressing. **Contains: red pepper**

CHICKEN SALAD SANDWICH: *see* Category Entrée Salads.

CHICKPEA SALAD SANDWICH: kidney beans, garbanzo beans, black beans, celery, red onion, mayo, & parsley. **Contains: celery & red onion**

CRANBERRY WALNUT CHICKEN SALAD SANDWICH: chopped chicken, light mayonnaise, low fat yogurt, dijon mustard, celery, white pepper, ground cloves, garlic powder, red onion, cranberries, and walnuts.
Contains: celery, red onion, walnuts.

CRANBERRY WALNUT TURKEY SALAD SANDWICH: chopped turkey, light mayonnaise, low fat yogurt, dijon mustard, celery, white pepper, ground cloves, garlic powder, red onion, cranberries, and walnuts.
Contains: celery, red onion, walnuts.

EGG SALAD SANDWICH: *see* Category Entree Salads.

ITALIAN SAUSAGE SANDWICH: sautéed onions, bell peppers, Italian sausage and seasoned with oregano/basil in a tomato based sauce. **Contains: onions, red and green bell peppers, tomatoes.**

KIELBASA ON A BUN: smoked Kielbasa sausage steamed until hot then served on an 8in hotdog bun. May be served with mustard or sauerkraut.

KIELBASA AND SAUERKRAUT: smoked Kielbasa sausage steamed until hot and served with a side garnish of sauerkraut.

MEATLOAF SANDWICH, DELI STYLE: cold, sliced meatloaf served on whole wheat bread with light mayonnaise.

SHAVED TURKEY SANDWICH: sliced turkey, shredded lettuce, and mayonnaise on wheat bread.

SLOPPY JOE: delicious blend of ground beef, onions, celery, green bell pepper, sweet chili sauce, and seasonings served on a hamburger bun. **Contains: onions, green peppers, celery, and chili sauce.**

TURKEY AND (CRAN) BERRY SANDWICH, DELI STYLE: sliced turkey, cranberry sauce, leaf lettuce, and mayonnaise on whole wheat bread.

TURKEY SALAD SANDWICH: diced turkey combined with mayonnaise, minced celery and red onions. Used for a sandwich filling. **Contains: onion**

CATEGORY: BREADS

BISCUIT: flour, baking powder, shortening, milk

CORN BREAD: quick bread of yellow cornmeal and all-purpose flour leavened with baking powder. Baked in a sheet pan and cut into squares (not sliced) after baking and cooling.

CORNMEAL BREAD: yeast bread containing high gluten bread flour, whole wheat flour, and cornmeal flour. Baked in a loaf pan and sliced after baking and cooling.

CRACKED WHEAT BREAD: yeast bread containing whole wheat flour and cracked wheat.

DILL BREAD/ROLL: yeast bread containing, whole wheat flour and whole dill weed.

FOCACCIA BREAD, ROSEMARY: yeast bread baked in a sheet pan and brushed with canola oil and sprinkled with ground rosemary, parsley flakes, garlic powder, and finely grated parmesan. Baked in a sheet pan to a light golden brown and cut into squares.

FRENCH BREAD/ROLL: yeast bread baked and brushed with oil.

GARLIC BREAD: white yeast bread seasoned with granulated garlic powder.

HERB BREAD: savory yeast bread seasoned with caraway seed, ground sage, thyme and marjoram.

IRISH SODA BREAD: sweet buttermilk biscuit made with eggs, caraway seed, and raisins.

MULTIGRAIN BREAD: yeast bread containing bran, oatmeal, and cracked wheat.

OATMEAL BREAD/ROLL: yeast bread containing high gluten flour, whole wheat flour, & oatmeal.

OAT BRAN BREAD/ROLL: yeast bread containing high gluten flour, whole wheat flour, wheat bran, & oatmeal.

OAT WHEAT BREAD/ROLL: yeast bread containing high gluten flour, whole wheat flour & oatmeal.

ONION BREAD/ROLL: yeast bread containing high gluten flour, whole wheat flour, & chopped onion.

POTATO WHEAT BREAD/ROLL: yeast bread containing, high gluten flour, whole wheat flour, & potato granules.

RAISIN BREAD: yeast bread containing high gluten bread flour & raisins.

RYE BRAN BREAD/ROLL: yeast bread containing, high gluten flour, rye flour, & wheat bran flour.

RYE BREAD/ROLL: yeast containing bread, high gluten flour, and rye flour.

RYE OAT BREAD/ROLL: yeast containing bread with high gluten flour, whole wheat flour, rye flour, & quick oats.

RYE ONION BREAD/ROLL: yeast containing bread with high gluten flour, rye flour, & chopped onions.

RYE WHEAT BREAD/ROLL: yeast containing bread with high gluten flour, rye flour, & whole wheat flour.

SEVEN GRAIN BREAD: yeast bread containing high gluten flour, whole wheat flour, cornmeal flour, rye flour, bran, oatmeal, and cracked wheat.

SQUASH BREAD: sweet and savory yeast bread containing pureed butternut squash, brown sugar, nutmeg, cloves, and ginger.

SUNFLOWER SEED BREAD: yeast bread containing high gluten flour and sunflower seeds. **Contains: sunflower seeds**

SWEET ROLL: Hawaiian roll.

WHITE BREAD: yeast bread containing high gluten bread flour. Baked in a loaf pan and sliced after baking and cooling.

WHOLE WHEAT BREAD/ROLL: yeast bread containing high gluten flour, & whole wheat flour.

Allergen Disclaimer: Our production kitchen uses the following products in meal preparation: tree nuts, peanuts, soy, eggs, milk, fish, shellfish, wheat, and other products containing gluten. We cannot guarantee that menu items are free of allergens because we use shared equipment and handle common allergens throughout the supply chain.

CATEGORY: PASTA SHAPES

MACARONI: short (or long) cut tubes, with a smooth surface.

LASAGNE: ripple-edged strips about 2 inches wide and 10 inches long.

PENNE: penne rigate are diagonally cut tubular shapes with ridges surfaces.

ROTINI: corkscrew or spiral shaped pasta, about 1-1/2 inches long.

ROTELLE: twisted pasta, similar to rotini, only larger in diameter, about 1-1/2 inches long.

SHELL PASTA: small ridged shells, also called cocciollette pasta.

SPAGHETTI: round, thin strings of pasta, about 10 inches long.

ZITI: medium-sized tubular pasta about 2-inches long and slightly curved.

CATEGORY: FRESH SEASONAL FRUIT

APPLES: Jan, Feb, March, April, May, Oct, Nov, Dec, 13 ct all varieties suitable for eating raw.

BANANAS: Jan, Feb, March, April, May, June, July, Aug, Sept, Oct, Nov, Dec.

TANGERINES: Jan, Feb, March, Nov, Dec, 120 ct.

PEARS: Jan, Feb, Sept, Oct, Nov, Dec, 120 ct.

GRAPES: July, Aug, Sept, Oct, Nov, 10 large or 20 small.

PLUMS: June, July, Aug, Sept, 2 each.

PEACHES: June, July, Aug, Sept, 2.5 in or larger.

NECTARINES: June, July, Aug, Sept, 120 ct.

CANTALOUPE: June, July, Aug, Sept, size 18, cut 8.

HONEYDEW MELON: June, July, Aug, Sept. size 8, cut 6.

WATERMELON: June, July, Aug, Sept, 1 cup.

CHERRIES: June, July, 10 large.

STRAWBERRIES: April, May, June, ½ cup.

CATEGORY: AROUND THE WORLD MEALS

BEEF VIEJA ROPA: beef, onions, green bell peppers, red bell peppers, tomato paste, cilantro, & cumin. **Contains: onions, bell peppers, cilantro, & cumin.**

BEEF BARBACOA: beef round, onions, garlic, celery, taco seasoning, and spices.

CHICKEN CARIBBEAN STEW (Sancocho): chicken, potatoes, plantains, carrots, red/green bell peppers, corn, and cilantro in a chicken broth.

CHICKEN MOLE: chicken with mole sauce (blend of soybean oil, chile peppers, sesame seeds, peanuts. **Contains: peanuts, sesame seeds, and chile peppers**

COCONUT CHICKEN CURRY: chicken, coconut milk, red/green bell peppers, onions, garlic, curry paste, ginger, lemongrass, lime juice, fish sauce mixed with seasonings and chicken broth. **Contains: coconut milk, fish sauce, curry paste, ginger, lemongrass, and red/green bell peppers.**

JAMAICAN JERK CHICKEN: chicken with jerk seasoning (red pepper, black pepper, thyme, chives and allspice)

KOREAN BEEF & TURKEY BIBIMBAP BOWL: ground turkey, ground beef, brown rice, onions, garlic, ginger, green onions, hoisin sauce, soy sauce, and rice vinegar.

PORK CARNITAS: pork marinated with garlic, peppers, and citrus flavors.

THAI BEEF STIR FRY W/PEANUT SAUCE: beef, broccoli, carrots, and peppers mixed with a peanut sauce.

SZECHAIUN PORK: diced pork, onions, red bell peppers, sesame oil, soy sauce, and spices.

POLLO A LA CREMA: chicken in creamy sauce with mushroom, onions, red peppers, chili powder, and cilantro.

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Revised January 2020

CATEGORY: DISCONTINUED MENU ITEMS

(Items high in sodium, expense, labor intensive, or customers did not like)

BEEF AND GREEN BEAN BAKE: ground beef and ground turkey, onions, green bell peppers, and cut green beans in an Italian seasoned tomato sauce garnished with parmesan bread crumbs. May be served over pasta or whipped potatoes. **Contains: onions, and green peppers.**

BEEF HASH: *see* Lumberjack Hash.

COUNTRY STEW: tender diced stew beef in a rich cream of mushroom sauce combined with fresh, sliced potatoes, green peas, and red peppers. **Contains: onions, mushrooms, red peppers.** (recipe is Italian Country Stew will need to be reworked if ever used again. recipe contains California blend vegetables, pinto beans, green beans, and no potatoes).

BEEF MUSHROOM STEAK: lean beef cubed steak baked until tender in a rich, brown mushroom sauce. **Contains: mushrooms, onions and tomato paste.**

BEEF POT PIE: an old fashioned ground beef/ground turkey and potato pot pie dish served over a biscuit. (Biscuit takes the place of bread). **Contains: onions.**

CORNED BEEF AND CABBAGE BAKE: corned beef chunks simmered with cabbage pieces, potato chunks, onions, green peppers and seasonings. **Contains: onions, green peppers.**

COUNTRY POT PIE: old fashioned ground beef and ground turkey potato pot pie dish topped with a corn batter topping and baked until golden brown. **Contains: onions.**

GROUND BEEF PARISIENNE: ground beef and ground turkey sautéed with onions, celery, and mushrooms in a savory brown sour cream sauce seasoned with garlic, and black pepper. **Contains: onions, mushrooms.**

LUMBERJACK HASH (BACON): ground beef, bacon, onions, celery, green bell peppers and diced potatoes baked in a brown gravy-tomato sauce. **Contains: onions, celery, green bell peppers, and bacon.**

PEPPERED BEEF: diced beef simmered in a delicate sauce flavored with ground ginger, soy sauce, and a hint of brown sugar. Crisp fresh green peppers, onions, bean sprouts, and tomatoes complement this dish. Served over a bed of steamed rice. **Contains: onions, green peppers, tomatoes.**

TACO BURGER: ground beef and ground turkey mixed with canned tomatoes, chili powder, Worcestershire sauce, garlic, sugar, and mustard. Served on a hamburger bun with shredded lettuce and cheddar cheese. **Contains: tomatoes.**

TATER TOT BAKE: seasoned meat loaf mixture made from ground beef and ground turkey provides the base for this casserole. The meat loaf mixture is then topped with French cut green beans, cream of mushroom soup, oven ready tater tots and baked until golden brown. **Contains: onions, mushrooms.**

WESTERN BREADED BEEF STEAK: cubed beef steak coated with a seasoned bread crumb mixture then baked until tender.

CALYPSO CHICKEN: diced chicken with chopped green onions, sweet green bell pepper, crushed pineapple, and seasoned with lime juice, garlic, pumpkin pie spice, cayenne pepper, and cilantro. Served over rice. **Contains: green onions, peppers, garlic.**

CHICKEN GUMBO: diced chicken simmered with onions, celery, and green bell peppers in a rich brown chicken flavored broth seasoned with garlic, tabasco, thyme, white pepper, and cayenne. Served over steamed white rice. **Contains: onions, celery, green peppers.**

CHICKEN PILAF: casserole dish of diced chicken, chopped onions, green onions, green peas, diced carrots, and rice seasoned with a sauce of chicken base, thyme, white pepper, and parsley. **Contains: onions, green onions.**

CHICKEN TANDOORI: chicken breast baked in a sauce of plain yogurt, curry powder, paprika, cumin, cinnamon, cloves, garlic, and cider vinegar. Garnished with sliced almonds.

MEDITERRANEAN CHICKEN/TURKEY BAKE: diced chicken or turkey combined with couscous, diced celery, diced red onion, mushrooms, green chilies, and Mexican spice mix in a cheese sour cream sauce. **Contains: celery, onions, mushrooms, green chilies.**

ORIENTAL RICE w/CHICKEN: diced chicken stir fried with white rice, celery, carrots, green peppers, onions, water chestnuts, pineapple tidbits, and a ginger/pineapple juice/soy sauce mixture. **Contains: onions, carrots, green peppers.**

ORIENTAL RICE w/TURKEY: diced turkey stir-fried with white rice, celery, carrots, green peppers, onions, water chestnuts, pineapple tidbits, and a ginger/pineapple juice/soy sauce mixture. **Contains: onions, carrots, green peppers.**

SCALLOPED CHICKEN: savory bread dressing and diced chicken are carefully hand mixed, then topped with poultry gravy. **Contains: onions.**

SCALLOPED TURKEY: savory bread dressing and turkey chunks are carefully hand mixed, then topped with poultry gravy. **Contains: onions.**

TURKEY FRIED RICE: *see* Oriental Rice w/Turkey

TURKEY BROCCOLI ROLL UPS: sliced turkey wrapped around a broccoli spear and topped with a light cheese sauce. **Contains: cheese.**

TURKEY CLUB (BACON) SANDWICH, DELI STYLE: sliced turkey, bacon, tomato slices, leaf lettuce, and mayonnaise on whole wheat bread.

TURKEY PARMESAN: breaded turkey cutlet baked in a red Italian sauce with minced onions, celery, green bell peppers and crushed tomatoes. Garnished with shredded parmesan or mozzarella cheese. **Contains: onions, celery, and green bell peppers.**

TURKEY PILAF: casserole dish of diced turkey, chopped onions, green onions, green peas, diced carrots, and rice seasoned with a sauce of chicken base, thyme, white pepper, and parsley. **Contains: onions, green onions.**

TURKEY SCALOPPINI: turkey cutlet baked in a mushroom sauce seasoned with garlic and an aromatic blend of PFM Italian Spice Mix. **Contains: mushrooms, onions, tomato paste.**

BAKED FISH ALMONDINE: fish baked in a sauce of fat free salad dressing and sprinkled with seasoned bread crumbs and sliced almonds.

GARDEN CREAMED TUNA: fresh julienne cut carrots, frozen green peas, pimentos, minced onion, and flaky tuna combined in a light garlic cream sauce. May be served over whipped potatoes, rice, or biscuits. **Contains: onions, green peppers.**

KRAB AND ROTELLE (NOODLES): hearty chicken broth with fresh vegetables, imitation crab (from white fish), and rotelle noodles baked with a cheese crumb topping. **Contains: carrots, onions, celery, red peppers.**

KRAB AND VEGETABLE OMELET BAKE (FRITTATA): chopped broccoli or spinach, combined with minced onions, mushrooms, carrots, shredded cheese, and a mildly seasoned egg/milk custard are combined and baked until firm and golden brown. **Contains: onions, mushrooms, carrots.**

KRAB CAKES: imitation crab (from white fish), seasoned bread crumbs and sautéed vegetables are mixed together and then formed into a patty shape before baking to a light golden brown. **Contains: onions, red peppers.**

KRAB TETRAZZINI: imitation crab (from white fish) combined with thin spaghetti noodles and a golden mushroom sauce. **Contains: onions, mushrooms, red peppers.**

SEAFOOD PATTY: oven ready, precooked, and breaded round fish patty made from a blend of cod, Pollock, whiting, haddock, flounder, shrimp, clams, and crab.

SESAME GINGER BAKED FISH: fish fillet brushed with a sauce of cider vinegar, sesame oil, soy sauce, garlic, ginger, sugar, and Tabasco sauce. Baked and garnished with sesame seeds.

SURF BURGER: *see* Seafood Patty

CAJUNSTYLE LENTIL STEW: lentils simmered with mild pork or turkey sausage, chopped onions, zucchini, canned tomatoes, garlic, bay leaf, brown sugar, basil, oregano, thyme, and black pepper. **Contains: sausage, onions, tomatoes, garlic.**

CREAMED HAM AND VEGETABLES: rosemary/thyme and /mustard cream sauce with fresh steamed julienne carrots, green peas and diced smoked ham. **Contains: onions, green peppers, peas, carrots.**

HAM AND BROCCOLI QUICHE: tender pie crust filled with custard, diced ham, a combination of cheeses and chopped broccoli, then baked to a golden brown.

HAM AND SPINACH QUICHE: tender pie crust filled with custard, diced ham, a combination of cheeses and chopped spinach, then baked to a golden brown.

HAM CROQUETTES: *see* Ham Meatballs

HAM FRIED RICE: *see* Oriental Rice w/Ham

HAM MEATBALLS: ground ham and fresh ground pork mixed with crushed crackers, eggs, and nonfat dry milk and formed into large meatballs that are oven baked until golden brown. Served with a sweet& sour style sauce of tomato soup, brown sugar, vinegar and dry mustard.

ORIENTAL RICE w/HAM: julienne strips of ham combined with white rice, chopped celery, red & green bell peppers, minced onions, shredded green cabbage, and scrambled eggs combined with a sauce containing soy sauce, garlic powder, red cayenne pepper, and ground ginger. **Contains: onions.**

ORIENTAL RICE w/PORK: diced pork combined with white rice, chopped celery, red & green bell peppers, minced onions, shredded green cabbage, and scrambled eggs combined with a sauce containing soy sauce, garlic powder, red cayenne pepper, and ground ginger. **Contains: onions.**

PORK BURGUNDY: diced pork in a sauce of canned tomatoes, chopped carrots, celery, dark raisins seasoned with thyme, garlic, and black pepper. May be served over rice or noodles. **Contains: tomatoes, celery.**

PORK CALABASA STEW: diced pork, chopped onion, celery, sweet green bell pepper, whole kernel corn, canned tomatoes, and yellow squash seasoned with cumin, garlic, and black pepper. **Contains: cumin, onions, celery, bell peppers, corn, tomatoes, and garlic.**

PORK FRIED RICE: *see* Oriental Rice w/Pork.

SCALLOPED PORK: diced pork layered with a seasoned bread dressing and topped with a rosemary pork gravy. **Contains: onions, very small amount of tomato paste.**

VEAL CORDON BLEU: bread veal steak layered with one slice each smoked ham & Swiss cheese. Topped with a cream sauce.

VEAL WITH CORDON BLEU SAUCE: veal cutlet topped with a cream sauce containing melted Swiss cheese and minced ham.

VEAL CUTLET WITH SCALOPPINI SAUCE: veal cutlet baked in a mushroom sauce seasoned with garlic and an aromatic blend of PFM Italian Spice Mix. **Contains: mushrooms, onions, tomato paste.**

VEAL MARSALA: veal baked and served with a light sauce of chopped tomatoes, minced onions, and seasoned with chicken base, black pepper, and chopped parsley. **Contains: onions, tomatoes, black pepper.**

VEAL PARMESAN: veal cutlet baked in a red Italian sauce with minced onions, celery, green bell peppers and crushed tomatoes. Garnished with shredded parmesan or mozzarella cheese. **Contains: onions, celery, and green bell peppers.**

VEAL ROULADE: cubed veal steak wrapped around a mildly seasoned home-style bread dressing.

CHEESE MANICOTTI: manicotti pasta tube stuffed with a seasoned cheese mixture and topped with a meatless Italian seasoned Red Sauce. **Contains: onions, green peppers, tomato paste, tomato sauce, mushrooms.**

MINISTRONE BEAN STEW: meatless stew with fresh vegetables including carrots, celery, potatoes, cabbage, spinach, and zucchini. Beans, shell macaroni, and a hearty tomato sauce finish off this entrée. Served with a sprinkle of mozzarella cheese. **Contains: onions, tomatoes.**

QUICHE LORRAINE (BACON): Egg, Swiss cheese, green onions, and bacon baked in a tart shell. **Contains: egg**

SPINACH RICE BAKE: brown rice, chopped spinach, minced onions, and grated cheddar combined with an egg custard. Served with either a tomato sauce or cheese sauce. Zucchini or broccoli may be substituted for the spinach. **Contains: onions.**

STUFFED GREEN PEPPER VEGETARIAN: tender green bell pepper half stuffed with a brown rice filling seasoned with celery, onions, carrots, raisins, small red beans, and wheat germ. A light cheese sauce tops this dish. **Contains: peppers, onions, raisins, red beans, and cheese.**

VEGETABLE PASTA BAKE: shell macaroni in a tomato vegetable sauce containing; celery, onions, corn, mushrooms, tomatoes, bell peppers. A mixture of cheese, eggs and spices is layered on the pasta. **Contains: tomatoes, peppers, onions, mushrooms.**

VEGETABLE QUICHE: tender pie crust filled with custard, a combination of cheeses and chopped broccoli or spinach, then baked to a golden brown. **Contains: onions, mushrooms, carrots.**

ANTIPASTO SALAD: cubed provolone cheese, salami, pepperoni, ham, chopped red bell pepper, black sliced olives, minced red onion, chopped cucumber and fresh tomato in an oil and vinegar dressing. Served on a bed of lettuce.

ARIZONA CHICKEN SALAD: diced chicken, red and green bell pepper, black beans and whole kernel corn tossed in a mixture of ranch dressing and barbeque sauce. Served on a bed of chopped fresh spinach and romaine lettuce.

BEEF SALAD: roast beef finely chopped, and combined with mayonnaise, mustard, sweet pickle relish, hard cooked diced eggs, and minced celery. Used as a sandwich filling. **Contains: mustard and pickle relish.**

CALIFORNIA CHICKEN SALAD: diced chicken, red & green seedless grapes, sliced almonds mixed with a dressing of plain nonfat yogurt, honey, lemon & lime juice, black ground pepper, and salt.

CHEF SALAD: julienne cut turkey, ham, Swiss, and jack cheese with sliced cucumbers, tomato wedges, red onions, and a hard cooked egg on a bed of chopped spinach, romaine, and iceberg lettuce. Served with Thousand Island dressing or salad dressing of choice. **Contains: onions.**

CHICKEN APPLE ALMOND SALAD: diced chicken, diced fresh red unpeeled apple, chopped celery, and sliced almonds with a dressing of plain nonfat yogurt, mayonnaise, Dijon mustard, and white ground pepper. Garnished with sliced almonds.

COBB SALAD (BACON): diced turkey, bacon bits, green onions, and avocado served on a bed of chopped spinach, romaine, and iceberg lettuce with a tomato wedge and hard cooked egg. Served with mock Blue Cheese dressing. **Contains: onions.**

HAM SALAD: baked ham, coarsely ground, and combined with mayonnaise, sweet pickle relish, mustard, minced celery and onion. Used as a sandwich filling. **Contains: mustard, onions.**

KRAB SALAD: imitation crab (from white fish) and chopped celery combined with a dressing of light mayonnaise, Mrs. Dash seasoning, garlic powder, and lemon juice. Served on a bed of mixed green lettuce and garnished with melon or orange wedges.

KRAB LOUIE MINI SALAD: imitation crab (from white fish) and small salad shrimp combined with minced celery, green bell pepper, sliced black olives, garlic powder, Mrs. Dash seasoning, and lemon juice. Served on a bed of mixed lettuce greens. **Contains: bell peppers, fish, shrimp.**

MARINATED TUNA SALAD: canned water pack tuna drained and combines with a seasoned vinaigrette and set on a bed of chopped iceberg lettuce. Salad also includes fresh tomato wedges, a hard cooked egg, sliced cucumbers, and artichoke hearts. Served with additional seasoned vinaigrette.

TUSCAN TUNA & BEAN SALAD: cooked great northern beans and flaked tuna mixed with a dressing of balsamic vinegar, Dijon mustard, dill weed, and salad oil served on a bed of greens (romaine, iceberg, and spinach) and garnished with fresh tomato wedges.

AMBROSIA SALAD: oranges, pineapple chunks, and shredded coconut folded into whipped topping.

HEAVENLY HASH SALAD: diced unpeeled apples with fruit cocktail, shredded coconut, and miniature marshmallows mixed with a dressing of whipped topping and mayonnaise.

ORANGE AMBROSIA SALAD: fresh orange pieces combined with pineapple tidbits, flaked coconut and whipped topping.

ORANGE WALDORF SALAD: bitesize unpeeled apple pieces, fresh orange pieces, chopped celery, miniature marshmallows, and sliced almonds mixed with a dressing of fat free salad dressing, plain yogurt, and ground cinnamon. Served on a lettuce leaf.

PINK CLOUD SALAD: pineapple tidbits, cottage cheese combined with whipped topping, red gelatin, and almond flavoring. A variation of snow gold salad.

SNOW GOLD SALAD: diced peaches, cottage cheese combined with whipped topping with orange gelatin and almond flavoring.

AMBROSIA MOLD: an orange gelatin salad containing fresh or mandarin oranges, bananas and shredded coconut.

LIME MIST MOLD: cottage cheese, crushed pineapple, light mayonnaise, and lime gelatin are combined for a flavorful, colorful gelatin salad.

MOLDED BEET SALAD: shoestring beets, minced celery and mandarin orange pieces combined in an orange gelatin mold.

SEAFOAM PEAR SALAD: diced pears, cottage cheese combined with whipped topping, lime gelatin, and almond flavoring. A variation of snow gold salad.

CALICO POTATO SALAD: creamy potato salad with minced carrot and parsley for flavor and color.

COLESLAW, DILL RELISH: shredded green cabbage in a dressing of light mayonnaise and dill pickle relish.

SLAW, REDGREEN: shredded green cabbage, red cabbage, and chopped green bell pepper in a dressing of light mayonnaise, mustard, sugar, cider vinegar, celery seed, white pepper, and onion powder. **Contains: celery seed.**

COLESLAW, SWEET RELISH: shredded green cabbage in a dressing of light mayonnaise and sweet pickle relish.

COUSCOUS VEGETABLE SALAD: couscous combined with diced carrots, yellow squash, and sweet red bell pepper, peas, chopped fresh parsley, and an oil and vinegar dressing.

FRESH VEGETABLE SALAD: diced yellow summer squash, chopped fresh cauliflower, sliced fresh mushrooms, diced onions, green bell pepper, carrots, celery, and sliced radishes mixed a creamy Italian style dressing. **Contains: onions and bell peppers.**

GREEN PEA AND CHEESE SALAD: green peas, diced eggs, onions, and cheese in a tangy mayonnaise dressing. **Contains: onions.**

HOT GERMAN POTATO SALAD: traditional German potato salad, served warm with a hot vinegar dressing. **Contains: onions, green peppers.**

MARINATED CARROT SALAD: shredded carrots marinated in an old fashioned cooked tomato soup sauce flavored with sugar, Worcestershire sauce and dry mustard. **Contains: onions, green peppers.**

MARINATED CORN SALAD: corn and fresh vegetables in a cider vinegar marinade. **Contains: onions.**

MARINATED GREEN BEAN SALAD: green beans, sliced onions, chopped celery, and diced red peppers in a dressing of oil, cider vinegar, sugar, black pepper, and celery seed. **Contains: onions, peppers, and celery seed.**

MEXICALI CORN RELISH SALAD: combination of whole kernel corn, dark red kidney beans, onions, red and green bell peppers, diced green chili peppers marinated in a low calorie French dressing. **Contains: onions, peppers.**

NAVY BEAN SALAD: cooked white navy beans combined with chopped onions and diced tomatoes. Dressed with a vinaigrette of vegetable oil, vinegar, Dijon mustard, and ground black pepper. **Contains: onions.**

ORIENTAL PEA SALAD: tender green peas, sliced water chestnuts, bean sprouts and a hint of finely ground onion all in a light ginger mayonnaise dressing.

PASTA VEGETABLE SALAD: rainbow colored rotelle noodles tossed together with fresh chopped broccoli, cauliflower, diced tomatoes and low Cal Italian dressing. **Contains: tomatoes**

POTATO CUCUMBER SALAD: diced cooked potatoes with chopped cucumbers, minced green onion, and chopped fresh parsley mixed with a dressing of plain nonfat yogurt, cottage cheese, celery seed, dill weed, garlic powder and salt.

RED BEET SALAD WITH FETA & WALNUTS: diced beets, with feta cheese, and walnuts mixed with a balsamic vinegar dressing of Dijon mustard, honey, and black pepper. **Contains: walnuts, feta cheese**

SALAD, BARANOVA: chopped iceberg lettuce with diced tomatoes, sliced green onions, radishes, and ripe olives. Garnished with chopped hard cooked egg and shredded cheese. **Contains: green onions, radishes.**

TRICOLOR ROTINI SALAD: tricolor rotini pasta noodles combined with mushrooms that have been marinated in a thyme, olive oil, and balsamic vinegar mixture. Also combined with red onion slices, shredded carrots, julienne cut sweet green bell peppers, peas, and diced tomatoes. **Contains: onions.**

WILD RICE SALAD: cooked wild rice combined with diced carrots, celery, and yellow squash, minced red onion, broccoli florets, and chopped parsley. **Contains: onions.**

POTATOES, FIESTA: sliced potatoes cooked and then seasoned with canned green chili peppers, onions, margarine, white pepper and Mexican spice mix.

POTATOES, HERBED: diced potatoes cooked and then seasoned with melted margarine or Butter Buds containing salt, white pepper, garlic powder, and dill weed.

POTATOES, O'BRIEN: diced potatoes with minced yellow onions and diced red and green bell peppers roasted in a hot oven until browned.

POTATOES, PARSLIED: diced potatoes steamed and then seasoned with melted margarine or Butter Buds and parsley flakes.

CARAMEL APPLE BAR: diced apples on an oatmeal crust drizzled with caramel topping.

COCONUT MACAROON COOKIE: shredded coconut folded into an egg white meringue and baked until lightly browned.

CAKE, APPLE PUDDING: diced apples covered with a white cake topping, sprinkled with brown sugar, cinnamon and nutmeg. **Contains: milk.**

CAKE, CHEESECAKE W/ CHERRY SAUCE: basic graham cracker crust cheesecake is topped with a cherry pie filling.

CAKE, WACKY: sometimes known as CRAZY cake because it uses vinegar as the leavening agent. This chocolate cake is moist and rich in flavor. Frosted with a light butter cream frosting. **Contains: cocoa powder.**

CAKE, WALNUT CRUNCH: yellow cake mix with chopped walnuts and a fudge frosting sprinkled with **chopped walnuts.**

FROZEN HOT CHOCOLATE

AMBROSIA DESSERT: oranges, pineapple chunks, shredded coconut, plus maraschino cherries and miniature marshmallows folded into whipped topping.

BLUSHING PEARS: pears in light syrup colored red with strawberry gelatin crystals.

EMERALD PEARS: pears in light syrup colored green with lime gelatin crystals.

ESCALLOPED APPLES: apple slices combined with a mixture of margarine, sugars, bread crumbs and cinnamon and topped with more of the same mixture. Baked until apples are tender.

SUNSET PEARS: pears in light syrup colored orange with orange gelatin crystals.

TROPICAL FRUIT CUP: fresh orange pieces, grapefruit pieces, pineapple tidbits and miniature marshmallows.

TROPICAL FRUIT DESSERT: a combination of fresh orange pieces, grapefruit segments, pineapple tidbits plus maraschino cherries and miniature marshmallows and garnished with coconut.

BAKED INDIAN PUDDING: *See* Cornmeal Pudding

CHOCOLATE BREAD PUDDING: egg custard flavored with cocoa powder and poured over bread cubes and chocolate chips then baked until firm. Served cold.

CORNMEAL PUDDING: custard of milk, eggs, cornmeal, brown sugar, maple syrup, molasses, cinnamon and ginger blended together and baked until set.

LATTE PUDDING: vanilla pudding flavored with instant coffee powder.

PEANUT BUTTER FLUFF: peanut butter and cream cheese whipped together with powdered sugar and vanilla and folded into whipped topping. Garnished with chocolate cookie crumbs.

PINEAPPLE PISTACHIO FLUFF: crushed pineapple combined with pistachio pudding mix, whipped nondairy topping and diced walnuts.

PINEAPPLE PUDDING: crushed pineapple combined with vanilla pudding mix.

ROCKY ROAD PUDDING: combination of milk chocolate pudding, miniature marshmallows, and chopped walnuts. **Contains: milk, cocoa powder, nuts.**

CARRIBEAN SPICE SAUCE: a pineapple juice based sauce with minced green onions, pineapple tidbits, and shredded coconut seasoned with garlic, ginger and curry powder. Usually served with pork or poultry. **Contains: green onions.**

CITRUS (VINAIGRETTE) DRESSING: a low sodium salad dressing made from vegetable oil, cider vinegar, orange juice and orange juice concentrate, sugar, basil, and black pepper.

CUMBERLAND SAUCE: a warm sauce of orange juice, whole cranberry sauce, dry mustard, and ground ginger. Should be served with pork or poultry.

ORANGE VINAIGRETTE: salad dressing made of vinegar, orange juice concentrate, lemon juice, soy sauce, Dijon style mustard, sugar, garlic powder, and onion powder. Usually served over a spinach blend salad.

TANDOORI SAUCE: white sauce seasoned with chicken spice mix, white pepper, garlic powder, curry, paprika, cinnamon, cumin, cloves, white sugar, and cider vinegar. Served hot over poultry.

CHOWDER, CALICO CORN: rich milk based sauce with potatoes, whole kernel corn, shredded zucchini, seasonings and a splash of color added with diced tomatoes in juice. **Contains: onions, tomatoes.**

CHOWDER, POPEYE CORN: thick and creamy corn chowder is made with fresh potato cubes, whole kernel corn, chopped spinach, and minced celery, shredded American cheese and minced ham pieces for flavor. **Contains: minced onions.**

SOUP, CANADIAN CHEESE: creamy, mild cheddar cheese soup containing minced onions, celery, shredded carrots, and canned diced tomatoes. **Contains: tomatoes, onions, and celery.**

SOUP, OLD FASHIONED BEEF VEGETABLE: diced beef simmered with diced fresh and frozen whole vegetables and seasonings. Vegetables include onions, tomatoes, celery, cabbage, potatoes, green beans, whole kernel corn, lima beans, peas and small shell macaroni. **Contains: diced onions and tomatoes in juice, fresh cabbage pieces, and lima beans.**

SOUP, TOMATO TORTELLINI: *see* Tomato Spinach and Pasta Soup.

COLD CUT HOAGIE SANDWICH: bologna, salami, spicy luncheon meat, and American cheese on a stadium bun with tomato slices, leaf lettuce, mayonnaise, and mustard.

HAM SALAD SANDWICH: *see* Category Entrée Salads.

HOAGIE SANDWICH (PASTRAMI): turkey pastrami, provolone cheese, and American cheese on a stadium bun with tomato slices, leaf lettuce, mayonnaise, and mustard.

PASTRAMI HOAGIE SANDWICH: turkey pastrami, provolone cheese, and American cheese on a stadium bun with tomato slices, leaf lettuce, mayonnaise, and mustard.

ROAST BEEF SANDWICH, DELISTYLE: cold roast beef sliced deli thin and served on honey nut whole grain bread with light mayonnaise, leaf lettuce, red onion, and fresh tomato slice. **Contains: onion, tomatoes, sweet green bell pepper, red onion rings, cucumbers, avocados, green bell pepper, and red onion.**

ANADAMA BREAD: southern style yeast bread containing molasses, corn meal and coarse salt for a tender dark bread.