PARDEE CAFETERIA

MENU WORKSHEET Week# 3

ITEM

ENTREES	**Sunday**		**Monday**		**Tuesday**		**Wednesday**		**Thursday**		**Friday**		**Saturday**	
Hot sandwich			Chick Fillet Sandwich		Hot Dog w/Chili		BBQ Pork Sandwich		Roast Beef on Croissant		Philly Cheese Steak		Hot Dog w/ Chili	
Entrée	Beef and Macaroni		Beef & Broccoli Stir Fry		Vegetable Lasagna		Baked Spaghetti		Beef / Chicken Fajita Bar		Chicken Supreme w/ Rice Pilaf			
Entrée	Fried Flounder		Grilled Pork loin		BBQ Chicken		Fried Chicken		Stuffed Roast Pork		Chicken Tenders			
Entrée	Baked Jerk Chicken Breast		Baked Ziti		Carved smoked Turkey		Roast Beef Au Jus		Veggie Stuffed Pepper		Fish w/ Lemon Dill Sauce		Breaded Pork Loin	
VEG/STARCH														
	Green Beans		Corn-on-Cob		Spinach		Fried Vegggie Sticks		Collard Greens		Sugar Snap Peas		Cream Corn	
	Braised Cabbage w/Diced carrots		Zucchini & Yellow Squash		Peas & Mushrooms		Cream Style Corn		Prince Edward Blend		Broccoli Normandy		Zucchini & Tomatoes	
	Pinto Beans		Oriental Vegetable		Tomatoes & Okra		Baked Tomato w/ Cheese		Fried Cauliflower		Sautéed Mushrooms		French Style Green Beans	
	Cajun Rice		Lo Mein Noodles		Macaroni & Cheese		Lima Beans		Broccoli w/ Cheese Sauce		Hush Puppies		French Fries	
	Mashed Potatoes/ Gravy		Rice		Dressing		Southern Style Green Beans		Tater Tots		Cabbage		Rice Pilaf	
	Hush Puppies		Sweet Potato Fries		Mashed Potatoes w/gravy		Mashed Potatoes w/gravy		Sweet Potato Casserole		Parsley Red Potatoes			
	Baked Potato				Baked Sweet Potato		Baked Sweet Potato		Baked Potato		Baked Sweet Potato		Baked Potato	
Breads														
	Assorted Breads		Assorted Breads		Assorted Breads		Assorted Breads		Assorted Breads		Assorted Breads		Assorted Breads	
SOUPS														
Soup #1	Vegetable		Vegetable		Vegetable		Vegetable		Vegetable		Vegetable		Vegetable	
Soup #2	Soup DeJour		Tomato		Corn Chowder		Crabby Swiss		Clam Chowder		Beef Chili		Soup DeJour	
GRAB-N-GO'S														
Entrée Salad			Turkey Salad w/ Rasp. Vinaigrette		Grilled Shrimp & Rotini Salad		Grilled Chicken Caesar		Cobb Salad		Santa Fe Chicken w/ Jalapeno			
	Deli Bar		Deli Bar		Deli Bar		Deli Bar		Deli Bar		Deli Bar		Deli Bar	
Pizza														
			Pizza		Pizza		Pizza		Pizza		Pizza			