

DISASTER MENU
CYCLE ONE

REMEMBER TO ALWAYS THINK GOOD COOKING AND BON APPETIT!

Chefs Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Kettle Classics	Lima Bean & Bacon	Tomato Bisque	Beef Noodle	Cream Of Broccoli	Seafood Gumbo
Café Features	Veal Parmesan	Meatloaf with Tomato Sauce	Stuff Pork Roulade	Turkey Swiss and Tomato on a Croissant	Seafood Newberg Over Puff Pastry
Changing Scenes	Turkey With Gravy	Pork Stir Fry With Oyster Sauce	Beef Fajita	Chicken Caesar Salad	London Broil with gravy
Worlds Fare	Beef Stroganoff	Chicken Dijon W/Artichokes	Indonesian Chicken with Peanut Sauce	German Yeager Snitzel with Gravy (Pork)	Grilled Ham & Cheese Sandwich
Itza Pizza	Pepperoni Cheese	Sausage Vegetarian	Prima Vera Seven Heaven	Cajun Chicken Asparagus	Ham & Bacon Vegetable
Vegetables	Mashed Potatoes Brussel Sprouts Rice Glazed beets Noodles	Escalloped Potatoes Fried Rice Cabbage California Medley (Colorful blend of mixed Vegetables)	Creamed Diced Potatoes Spinach Carrots Wild Rice	German Hot Potato Salad French Fries Steamed Broccoli Squash Casserole	Rice Roasted Potatoes Corn Green Peas

(HEART HEALTHY) GENERALLY LOWER IN FATS, SALT, AND SUGAR CONTENT

DISASTER MENU

CYCLE TWO

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Chefs Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Kettle Classics	French Onion	Cuban Black Bean	Cream Of Spinach	Vegetable Mafe Soup	Seafood Bisque
Café Features	Black Bean Chicken & Rice	Spaghetti with Meat Sauce & Garlic Toast	Chicken Cordon Bleu W/Hollandaise Sauce	Paella Combo Of Chicken, Pork, Fish & Sausage	Fried Pork Chop In a Cream Sauce
Changing Scenes	Chicken Fajita	Chicken Vegetable Stir Fry Sauce	Roast Beef w/Au Jus	Gyro Sandwich W/Fries	Sizzling Tahitian Seafood Salad
Worlds Fare	Chili and Boules Bread	Chicken Mascotti	Stuffed Green Peppers w/Rice & Beef	Veal Alla Luigi	Irish Lamb Stew w/Spring Veg. and Egg Noodles
Itza Pizza	Pepperoni and Sausages Vegetables	Vegetable Calzone Spinach Cheese	Broccoli Calzone Classico	Mexican Pizza Oriental Garlic-Chicken Pizza	Tomato Herb
Vegetables	Black Bean & Rice Cauliflower Mashed Potatoes Italian Green Beans	Mandarin Carrots Spinach Rice Oven Glow Potatoes	Baked Potato Rice Green Peas Squash Casserole	Ratatouille (Egg Plant) Fiesta Rice Fettucini Fried Veggie Sticks	Honey Mint Carrot Coin Mashed Potatoes Egg Noodle Steamed Broccoli

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CYCLE THREE
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Chefs Menu III	Monday	Tuesday	Wednesday	Thursday	Friday
Kettle Classics	Hungarian Cauliflower Soup	Cream of Potato	Chicken Vegetable Noodle	Hearty Bean Soup	Seafood Creole
Café Features	Shepherds Pie	Chicken Marsala over linguini	Chicken Quesadilla w/Tomato Corn Relish	Tuna Grilled	Seasoned Baked Chicken
Changing Scenes	Carved Rosemary Pork Loin w/Tarragon Sauce	Beef Stir-Fry W / Ginger	Roasted Turkey Breast w/Gravy	Beef Tacos	Roast Beef
Worlds Fare	Chicken Kiev w/Supreme Sauce	Salisbury Steak and Gravy	Chicken Spinach And Pasta Casserole	(6) Fried Shrimp	BBQ Pork Ribs
Itza Pizza	Greek Pizza Mexican Pizza	Three cheese and Pepperoni Calzone Polynesian Pizza	Caramelized Onion Sausage	Mushroom Sun dried Tomato Calzone Vegetarian	Cheese Pizza
Vegetables	Oven Glow Potatoes Mixed Greens Butter Beans Veg. Medley	Broccoli w/Cheese Sauce Mashed Potatoes w/Gravy Rice Squash Medley	Asparagus Zucchini and Tomato Rice Orzo	Fries Green Beans Carrot Vichy Refried Beans Spanish Rice	Baked Beans Turnip Greens Candy Yams Corn on the Cob

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CYCLE FOUR
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Chefs Menu IV	Monday	Tuesday	Wednesday	Thursday	Friday
Kettle Classics	Cream Of Chicken	U.S. Senate Soup	Calico Chicken Soup	Chili Soup	Baltimore Crab Soup
Café Features	Honey Baked Cornish Hen on a Bed of Rice	Red Fish Bonne Femme	Chicken Picatta w/Cream Sauce	Hearty Beef Stew	Fried Catfish
Changing Scenes	Taco Salad Station	Steamed Ship Round	Pineapple Honey Glazed Ham	Carved Prime Rib w/Au Jus	Pork Kao Ping Meing
Worlds Fare	Seafood Pasta and Veg.	Oven Roasted Rosemary Chicken	Grilled Cheese Sandwich	Chicken Ala King Over Puff Pasta	Liver and Onions
Itza Pizza	Deluxe Pizza Beijing Pizza	Veg. Calzone Pepperoni Calzone	Spinach & Ricotta Seven Heaven	Three Onion and Bacon Boursin Cheese and Chicken	Seven Heaven Calzone Spinach Calzone
Vegetables	Peas and Rice Broccoli Soufflé Pinto Beans Corn	Mashed Potatoes Succotash Rice Stewed Tomatoes w/Vidalia Onion and mozzarella Cheese	Carrots French Fries Green Beans Garlic Creamed Russet Potatoes	Rice Fried Rice Veg. Medley Peas And Mushrooms	Mashed Potatoes w/Gravy Mixed Greens Steamed Broccoli Rice

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