



INGREDIENT LIST FAMFARE FALL MENU 2019:

9/9: CHICKEN ALFREDO BAKE W/ BROCCOLI:

Chicken breast, salt, pepper, paprika, garlic powder, onion powder, cream cheese, butter, garlic, milk, parmesan cheese, broccoli.

FIELD GREEN SALAD:

Field greens, seasonal additions.

RED WINE VINAIGRETTE:

Red wine vinegar, salad oil, salt, pepper, garlic powder.

9/16 & 12/9: MARTHA'S MEATLOAF:

Ground beef, ground pork, bread crumbs, carrots, onions, parsley, ketchup, mustard, worcestershire sauce, salt, pepper.

WEDGE SALAD:

Iceberg lettuce, croutons, tomato and cucumber.

RANCH DRESSING:

Traditional ranch seasoning, milk & mayo.

9/23: PULLED PORK SANDWICHES:

Mildly seasoned pork loin

BECKY'S BAKED BEANS:

Great northern beans, onion, bacon, ketchup, mustard, brown sugar, salt & pepper.

COLESLAW:

Shredded cabbage, shredded onion, salad dressing, white vinegar, celery salt, onion powder, salt & pepper.

STRAWBERRY FLUFF:

Strawberry jello, vanilla pudding, cool whip, strawberries, marshmallows.

9/30 & 12/16: CHICKEN & DUMPLINGS:

Chicken breast, carrots, onions, peas, chicken broth, flour, water, poultry seasoning, salt & pepper.

SPINACH & BERRY SALAD:

Spinach, berries.

POPPYSEED DRESSING:

Mayonnaise, sugar, cider vinegar, poppy seeds, mustard powder, onion powder.

10/7: RAVIOLI BOLOGNESE BAKE:

Cheese ravioli, Bolognese sauce (ground beef, tomato sauce, carrot, celery, onions, parsley, garlic, salt & pepper), mozzarella cheese.

CAESAR SALAD:

Romaine lettuce, croutons, shaved parmesan.

CAESAR DRESSING:

Red wine vinegar, oil, minced garlic, worcestershire sauce, dry mustard, salt.

10/14: SIMPLE CHICKEN CHOW MEIN:

Chicken breast, garlic, onion, celery, water chestnuts, ginger, garlic powder, pepper, oyster sauce, soy sauce, water, chicken base, corn starch, white rice.

MANDARIN SALAD:

Shredded red & green cabbage, mandarin oranges, dried cranberries, canola oil, vinegar, sugar, salt & orange zest.

10/21: AMANDA'S GRANDMA'S TATER TOT HOTDISH:

Seasoned ground beef, cream of mushroom soup, corn, carrots, peas, onions, tater tots.

CLASSIC ICEBERG SALAD:

Chopped iceberg lettuce, seasonal additions.

RANCH DRESSING:

Classic ranch seasoning, milk, mayonnaise.

10/28: GOULASH:

Ground beef, macaroni noodles, onions, celery, tomato sauce, salt & pepper.

SPINACH SALAD:

Spinach, seasonal additions.

11/4: PIEROGI BAKE WITH KIELBASA:

Potato and cheddar filled pierogi, cream cheese, chicken broth, shredded cheddar cheese, garlic, green onions, diced tomato and salt & pepper.

ITALIAN SALAD:

Fresh greens, pepperoncini, black olives, red onion, croutons.

ITALIAN VINAIGRETTE:

Italian seasoning, oil, mayonnaise, vinegar, water, sugar, salt, pepper, garlic powder, lemon juice.

11/11: PULLED PORK CARNITAS TACO BOWLS:

Shredded pork seasoned with cumin, garlic powder, onion powder, chili powder, salt, pepper. Accompanied by rice, black beans, sour cream, salsa (tomatoes, green chilis, garlic, salt and pepper), shredded cheddar cheese. Tortilla chips.

11/18: HOMEMADE MEATBALLS & RED SAUCE OVER PENNE:

Ground beef, ground pork, eggs, bread crumbs, garlic, onion powder, pepper, oregano, salt.

SAUCE:

Crushed tomatoes, diced tomatoes, garlic, oregano, salt, onion powder.

CLASSIC CAESAR SALAD:

Chopped romaine lettuce, croutons, shaved parmesan.

CAESAR DRESSING:

Red wine vinegar, oil, worcestershire, garlic, dry mustard, salt.

12/2: GRILLED CHICKEN PITAS:

Grilled chicken breast, marinated in an oregano/garlic/lemon vinaigrette.

RICE PILAF:

Orzo, rice, butter, diced onion, garlic, chicken broth.

CUCUMBER SAUCE:

Sour cream, plain yogurt, whole milk, white vinegar, lemon juice, cucumber, green onions, feta cheese, oregano, lemon zest, salt & pepper.