

# **Spring/Summer Menu 2026 Pcco**

## **Week One**

### **Monday**

#### **Hot Dog**

Beef, Water, Salt, Flavoring, Potassium Lactate, Sodium Diacetate, Sodium Phosphate, Sugar, Sodium Erythorbate, Sodium Nitrite, Oleoresin Of Paprika

#### **Baked Beans**

Navy Beans, Water, Brown Sugar, Cured Bacon, Salt, Mustard Water, Vinegar, Mustard Seed, Salt, Paprika, Turmeric, Modified Corn Starch, Onion Powder, Caramel Color, Spice, Garlic Powder, Natural Flavor.

#### **Corn**

Corn, Butter Cream, Salt, Black Pepper

### **Tuesday**

#### **Chicken Salad**

Chicken, Celery, Onions, Eggs, Soybean Oil, Egg Yolks, High Fructose Corn Syrup, Water, Vinegar, Salt, Cider Vinegar, Spice, Lemon Juice, Calcium Disodium Edta., Cucumbers, Sugar, Vinegar, Salt, Natural Flavors, Xanthan Gum, Sodium Benzoate Red Bell Peppers, Spices, Turmeric, Polysorbate 80, Pepper

#### **Potato Salad**

Potatoes, Soybean Oil, Water, Sugar, Red Bell Peppers, Celery, Sweet Relish Cucumbers, Fructose, Vinegar, Water, Salt, Xanthan Gum, Red Peppers, Natural Flavors, Spices, Alum Turmeric, Mustard Distilled Vinegar, Mustard Seed, Salt, Turmeric, Spices, Onions, Eggs, Salted Egg Yolks, Salt, Potassium Sorbate Granulated Onion, Lemon Juice, Xanthan Gum, Spices, Paprika

#### **Pickled Egg & Beets**

Eggs, Beets, Sugar, White Distilled Vinegar Filtered Water

### **Wednesday**

#### **Chili W/ Beans**

Beef, Onions, Water, Tomato Paste, Wheat Flour, Sugar, Water, Salt, Citric Acid, Ascorbic Acid Vitamin C, Flavoring, Celery, Garlic Oil, Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid, Chili Pepper, Salt, Spices, Dehydrated Garlic, Salt, Pepper, Kidney Beans, Water, Tomato Paste, Salt, Citric Acid, Onion Powder, Garlic Powder, Dehydrated Bell Peppers, Natural Flavors.

### **Baked Potato**

Potatoes, Salt, Soybean Oil.

### **Broccoli**

Broccoli, Butter: Pasteurized Cream, Natural Flavorings, Salt

## **Thursday**

### **Roast Pork W/ Gravy**

Pork: Pork, Water, Salt, Sodium Tripolyphosphate Lemon Juice  
Gravy- Modified Food Starch, Wheat Flour, Maltodextrin, Salt, Palm Oil, Pork Stock, Chicken Fat, Sugar, Chicken, Yeast ,Beef Stock, Chicken Broth, Sodium Caseinate, Onion Powder, Dextrose, Disodium Inosinate, Disodium Guanylate, Dipotassium Phosphate, Caramel Color, Garlic Powder, Tapioca Starch, Mono And Diglycerides, Beta Carotene, Paprika, Natural Flavors, Silicon Dioxide Sodium Hexametaphosphate.

### **Parslied Potatoes**

Red Potatoes, Parsley, Water, Palm Oil And Soybean Oil, Water, Salt, Contains Less Than Soy Lecithin, Vegetable Mono & Diglycerides, Potassium Sorbate, Citric Acid, Natural & Artificial Flavor, Beta Carotene Vitamin A Palmitate ,Whey.

### **Mixed Vegetables**

Carrots, Peas, Corn, Green Beans, Lima Beans, Butter Salt & Cream, Black Pepper, Salt

## **Friday**

### **Chicken& Dumplings**

Water, Egg Dumplings Wheat Flour, Malted Barley Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid, Water, Eggs, Baking Powder Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate, Soybean Oil, Salt, Chicken, Water, Modified Tapioca Starch, Sugar, Dextrose, Salt, Sodium Phosphate, Modified Potato Starch, Chicken Stock, Modified Food Starch, Chicken Fat, Enriched Flour ,Reduced Iron, , Salt,, Sugar, Dried Minced Onions, Potassium Salt, Hydrolyzed Corn Protein, Maltodextrin, Whey Powder Disodium Inosinate And Disodium

Guanylate, Natural Flavor, Onion Powder, Parsley, Hydrolyzed Corn Gluten, Spice, Turmeric.

### **Mashed Potatoes**

Water, Low Fat Milk, Vitamin A Palmitate, Vitamin D3, Potato Granules, Butter: Pasteurized Cream, Natural Flavorings, Salt

### **Peas & Carrots**

Peas, Carrots, Butter: Pasteurized Cream, Natural Flavorings, Salt: Salt, Yellow Prussiate Of Soda, Sodium Thiosulfate, Potassium Iodide, Sodium Bicarbonate, Black Pepper

## *Week Two*

### **Monday**

#### **Swedish Meatballs**

Beef, Water, Soy Flour, Soy Protein, Wheat Flour, Dehydrated Onion, Flavorings, Hydrolyzed Soy Protein, Sodium Phosphate, Salt, Paprika, Garlic Powder, Paprika, Nonfat Dry Milk, Modified Food Starch, Maltodextrin, Beef Flavors Vegetable Soy, Corn, Wheat, Beef Stock, Corn Syrup Solids, Yeast, Thiamine Hydrochloride, Canola Oil, Salt, Palm Oil, Sugar, Caramel Color, Soybean Oil, Hydrolyzed Soy Protein, Onion Powder, Sodium Caseinate, Garlic Powder, Spice, Beef Fat, Disodium Inosinate, Disodium Guanylate, Dipotassium Phosphate, Citric Acid, Mono & Diglycerides, Yeast Natural Flavor, Artificial Flavor, Silicon Dioxide Sodium Hexametaphosphate, Sunflower Oil, Paprika, Beef Stock, Beef Fat, Caramel Color, Dextrose, Disodium Inosinate, Disodium Guanylate, Flavorings, Sunflower Oil, Hydrolyzed Corn Protein, Maltodextrin, Salt, Sugar, Cultured Cream, Enzyme, Parsley

#### **Buttered Noodles**

Durum Wheat Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid, Egg Yolks, Pasteurized Cream, Natural Flavorings, Parsley, Salt

#### **Brussel Sprouts**

Brussel Sprouts, Butter: Pasteurized Cream, Natural Flavorings, Salt: Salt, Yellow Prussiate of Soda, Sodium Thiosulfate, Potassium Iodide, Sodium Bicarbonate, Black Pepper

### **Tuesday**

#### **Turkey W/ Gravy**

Turkey Breast Turkey Broth. Salt, Sugar, Sodium & Potassium Phosphate, Pepper, Soybean Oil.

Gravy: Modified Food Starch, Wheat Flour, Salt, Modified Whey, Maltodextrin, Hydrolyzed Soy Protein, Palm Oil, Sugar, Chicken Fat, Natural Flavors, Chicken Stock, Yeast, Chicken Meat Powder, Chicken Fat, Lactic Acid, Calcium Lactate, Sodium Phosphate, Turkey Stock Powder, Chicken, Onion Powder, Yeast, Sodium Caseinate, Chicken Broth, Dipotassium Phosphate, Disodium Inosinate, Disodium Guanylate, Mono & Diglycerides, Spices, Natural Flavor, Caramel Color, Silicon Dioxide, Sodium Hexametaphosphate, Turmeric, Sunflower Oil

### **Stuffing**

Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate Riboflavin Folic Acid, Canola Oil, High Fructose Corn Syrup, Hydrolyzed Soy Protein, Salt, Soybean Oil, Chicken\*, Onions\*, Celery\*, Parsley\*, Monosodium Glutamate, Yeast, Spice, Sugar, Chicken Broth\*, Turmeric, Disodium Guanylate, Disodium Inosinate, Natural Flavor, Withbha, Bht, And Rosemary Extract

### **Peas W/ Onions**

Peas, Onions, Butter: Pasteurized Cream, Salt, Black Pepper

## **Wednesday**

### **Chef Salad**

Ham, Water, Dextrose, Salt, Potassium Lactate, Sodium Phosphates, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite, Turkey Breast, Turkey Broth, Honey, Vinegar, Modified Food Starch, Sugar, Salt, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite, Natural Flavoring, Eggs, Tomatoes, Cucumbers, Lettuce, Cheddar Cheese Cultured Pasteurized Milk, Salt, Enzymes, Color Potato Starch, Powdered Cellulose

### **Croutons –**

Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid, Canola, Sunflower Oil, Rosemary Extract And Ascorbic Acid Whey, Salt, Sugar, Yeast, Spices, Dehydrated Parsley, Onion Powder, Paprika Turmeric Paprika, Spice Extractive, Enzymes.

### **Ranch Dressing –**

Soybean oil, water, distilled vinegar, buttermilk powder, salt, contains less than 2% of egg yolks, high fructose corn syrup, monosodium glutamate, spices (includes mustard), onion\*, garlic\*, lactic acid, propylene glycol alginate, xanthan gum, sodium

benzoate (a preservative), parsley\*, disodium inosinate & disodium guanylate, calcium disodium edta added to protect flavor. \*dehydrated

## **Thursday**

### **Meatloaf**

Beef, Whole Eggs, Whey, Skim Milk, Citric Acid, For Citric Acid, Xanthan Gum. Citric Acid. Onions, Garlic, Salt, Pepper, Ketchup: Tomato Concentrate, High Fructose Corn Syrup, Distilled Vinegar, Corn Syrup, Spice, Onion Powder, Natural Flavors, Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid, Sugar, Yeast, Salt, Brown Sugar.

### **Mashed Potatoes**

Water, Low Fat Milk, Vitamin A Palmitate, Vitamin D3, Potato Granules, Butter: Pasteurized Cream, Natural Flavorings, Salt

### **Green Beans**

Green Beans, Onions, Bacon: Water, Salt, Sugar, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite., Butter: Pasteurized Cream, Natural Flavorings, Salt, Yellow Prussiate Of Soda, Sodium Thiosulfate, Potassium Iodide, Sodium Bicarbonate, Black Pepper

## **Friday**

### **Lemon Garlic Fish**

Swai, Water, Salt, Sodium Tripolyphosphate, Potassium Citrate, Sodium Citrate Lemon Juice, Garlic, Parsley, Pepper, Butter: Pasteurized Cream, Natural Flavorings,

### **Rice Pilaf**

Rice, Iron Phosphate, Niacin, Thiamine Mononitrate, Folic Acid, Toasted Orzo Semolina Wheat Flour, Ferrous Sulfate, Riboflavin, Hydrolyzed Corn Protein, Dextrose, Salt, Malt Barley Extract, Maltodextrin, Sugar, Soybean Oil, Potassium Chloride, Inactive Yeast, Yeast Extract, Caramel Color, Turmeric Extract, Spice, Natural Flavor, Worcestershire Sauce Blend (Worcestershire Sauce, Distilled Vinegar, Molasses, Corn Syrup, Salt, Caramel Color, Garlic Powder, Sugar, Spice, Tamarind, Natural Flavor, Maltodextrin, Onion Powder, Disodium Inosinate & Disodium Guanylate, Thiamine Hydrochloride, Silicon Dioxide

### **Broccoli**

Broccoli, Butter Cream, Salt, Black Pepper, Salt

## **Week Three**

### **Monday**

#### **Smoked Sausage**

Pork And Beef, Water, , Salt, Flavoring, Potassium Lactate, Sodium Diacetate, Sodium Phosphate, Sugar, Sodium Erythorbate, Oleoresin Of Paprika, Corn Syrup, Monosodium Glutamate, Dextrose, Sodium Nitrite, Lemon Powder Corn Syrup, Natural Flavor.

#### **Mashed Potatoes**

Water, Low Fat Milk, Vitamin A Palmitate, Vitamin D3, Potato Granules, Butter: Pasteurized Cream, Natural Flavorings, Salt

#### **Sauerkraut**

Cabbage, Water, Salt

### **Tuesday**

#### **Ham & Cheese Sandwich**

Ham: Water, Vinegar, Dextrose, Salt, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite. Cheese: Milk, Cream, Water, Sodium Citrate, Salt, Cheese Culture, Sorbic Acid ,Citric Acid, Enzymes, Soy Lecithin, Bread: Whole Wheat Flour, Water, Sugar, Wheat Gluten, Soybean Oil, Yeast, Salt, Ascorbic Acid, Enzymes, Calcium Propionate

#### **Cole Slaw**

Cabbage, Sugar, Salt, Pepper, Water, Soybean Oil, High Fructose Corn Syrup, Vinegar, Modified Cornstarch, Eggs, Salt, Natural Flavor, Mustard Flour, Potassium Sorbate As A Preservative, Paprika, Spice, Dried Garlic. Apple Cider Vinegar, Water

#### **3 Bean Salad**

Green Beans, Wax Beans, Water, Red Kidney Beans, Sugar, Vinegar, Onions, Red Bell Peppers, Soybean Oil, Natural Flavorings, Calcium Chloride, Disodium Edta ,Turmeric. Butter: Pasteurized Cream, Natural Flavorings. Salt: Salt, Yellow Prussiate of Soda, Sodium Thiosulfate, Potassium Iodide, Sodium Bicarbonate, Black Pepper

### **Wednesday**

## **Roast Beef W/ Gravy**

Beef, Water, Modified Corn Starch, Hydrolyzed Soy Protein, Maltodextrin, Sugar, Beef Stock, Caramel Color ,Natural Flavor, Yeast Extract, Dehydrated Onion, Xanthan Gum, Dehydrated Garlic, Spice, Spice Extractive Silicon Dioxide ,Salt, Dextrose, Modified Corn Starch, Hydrolyzed Soy Protein, Spices, Parsley, Caramel Color Powder, Beef Stock, Yeast ,Dehydrated Onion And Garlic, Sugar, Natural Flavor, Xanthan Gum, Spice Extractive.

Gravy - Modified Food Starch, Maltodextrin, Salt, Dextrose, Beef Extract, Beef Stock, Hydrolyzed Corn, Soy And Wheat Proteins, Corn Syrup Solids, Natural Flavors, Yeast Extract, Canola Oil, Thiamine Hydrochloride, Wheat Flour, Palm Oil, Beef Fat, Onion Powder, Caramel Color, Yeast Extract, Coffee, Garlic Powder, Sodium Caseinate, Tomato Powder, Citric Acid, Disodium Inosinate, Disodium Guanylate, , Dipotassium Phosphate, Extractive Of Paprika, Mono & Diglycerides, Silicon Dioxide ,Sodium Hexametaphosphate

## **Augratin Potatoes**

Potatoes, Modified Food Starch, Whey, Maltodextrin, Onion, Potassium Chloride, Sugar, Sunflower Oil, Natural Flavor, Salt, Annatto Extract, Turmeric Extract, Mono And Diglycerides, Yeast Extract, Cheddar Cheese Pasteurized Milk, Cultures, Salt, Enzymes, Corn Syrup Solids, Green Onion, Nonfat Milk, Soybean Oil, Spices, Torula Yeast, Sodium Bisulfite. Water, Soybean Oil, Soy Lecithin, With Potassium Sorbate And Sorbic Acid As Preservatives. Propellant Water, Palm Oil And Soybean Oil, Water, Salt, Soy Lecithin, Mono & Diglycerides, Potassium Sorbate Citric Acid, Natural & Artificial Flavor, Beta Carotene ,Vitamin A Palmitate, Whey.

## **Corn O'Brien**

Corn, Green Peppers, Onions, Butter: Pasteurized Cream, Natural Flavorings, Salt: Salt, Yellow Prussiate Of Soda, Sodium Thiosulfate, Potassium Iodide, Sodium Bicarbonate, Black Pepper

## **Thursday**

### **Country Fried Steak W/ Gravy**

Beef, Water, Soy Flour, Soy Protein, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate Pyridoxine Hydrochloride, Riboflavin Cyanocobalamin , Salt, Soy Sauce, Sugar, Maltodextrin, Natural Flavors, Corn Gluten, Soy Protein, Wheat Gluten, Onions, Sodium Phosphate, Spices, Soybean Oil, Yeast Extract, Safflower Oil Thiamine Hcl, Disodium Inosinate And Disodium Guanylate, Dextrose, Paprika, Nonfat Dry Milk, Lactic Acid. Bleached Wheat Flour Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Water, Dextrose, Yellow Corn Flour, Modified Corn Starch, Salt, Natural Flavorings, Sodium Acid Pyrophosphate, Sodium Bicarbonate, Soybean Oil, Potato

Flour, Caramel Color, Paprika, Soy Flour, Spices, Kosher Gelatin, Methylcellulose, Guar Gum

### **Peppered Gravy**

Wheat flour, modified food starch, palm oil, maltodextrin, modified whey, salt, corn syrup solids, contains 2% or less of: spice, sodium caseinate, soybean oil, dipotassium phosphate, dextrose, titanium dioxide, mono and diglycerides, artificial flavor, beta carotene, caramel color, yellow 6, sodium hexametaphosphate, silicon dioxide (flow agent). Contains: milk, wheat.

### **Mashed Potatoes**

Water, Low Fat Milk, Vitamin A Palmitate, Vitamin D3, Potato Granules, Butter: Pasteurized Cream, Natural Flavorings, Salt

### **Green Beans**

Onions, Bacon: Water, Salt, Sugar, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite., Butter: Pasteurized Cream, Natural Flavorings, Salt: Salt, Yellow Prussiate Of Soda, Sodium Thiosulfate, Potassium Iodide, Sodium Bicarbonate, Black Pepper

## **Friday**

### **Sausage Links**

Pork, sugar, water, salt, maltodextrin, spices, natural & artificial flavors, chili pepper, caramel color, dextrose, maple syrup solids, BHA, BHT, citric acid.

### **Home Fries**

Potatoes, dextrose, disodium pyrophosphate (added to maintain color), potassium sorbate, soybean oil, salt, pepper

### **Baked Apples**

Apples, Water, Palm Oil And Soybean Oil, Water, Salt, Of Soy Lecithin, Vegetable Mono & Diglycerides, Potassium Sorbate, Citric Acid, Natural & Artificial Flavor, Beta Carotene Vitamin A Palmitate, Whey, Sugar, Molasses, Cinnamon

## **Week Four**

### **Monday**

## **Pepper Steak**

Water, Roasted Seasoned Prime Rib Beef Steak Dices And Modified Food Starch Beef, Beef Broth, Modified Corn Starch, Salt, Turbinado Sugar, Sodium Carbonate, Sea Salt, Flavor, Dextrose, Corn Syrup Solids, Caramel Color, Spice Green And Red Bell Pepper, Mushrooms, Water, Salt, Onion, Sherry, Food Starch-Modified, Sugar, Water, Soybeans, Wheat, Salt, Alcohol, Vinegar, Lactic Acid, Beef, Flavors, Salt, Soybean Oil, Rice Flour, Spices, Mono- & Diglycerides, Caramel Color

## **Rice**

Long Grain Rice Enriched With Iron (Ferric Phosphate), Niacin, Thiamine, Mononitrate, & Folic Acid.

## **Broccoli**

Broccoli, Butter (Cream, Salt), Black Pepper, Salt

## **Tuesday**

### **Spaghetti W/ Meat Sauce**

Beef, Water, Tomato Paste, High Fructose Corn Syrup, Salt, Soybean Oil, Dried Onion, Citric Acid, Spices, Dried Garlic. Durum Wheat Semolina, Durum Wheat Flour, Niacin, Iron Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid.

### **Key West Vegetable Blend**

Green Beans, Carrots, Yellow Carrots, Red Peppers, Butter (salt, cream), salt, pepper

## **Wednesday**

### **Baked Ham**

Ham, Water, Dextrose, Salt, Sodium Phosphates, Potassium Acetate, Potassium Lactate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite.

### **Sweet Potatoes**

Sweet Potatoes, Butter (Cream & Salt), Salt

### **Lima Beans**

Lima Beans, Butter (Cream, Salt), Salt, Black Pepper

## **Thursday**

## **Hamburger**

Beef, Water, Bread Crumbs Enriched Bleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Durum Flour, Sodium Bicarbonate, Sodium Acid Pyrophosphate, Yeast, Salt, Dextrose, Hydrolyzed Soy Protein, Sugar, Autolyzed Yeast Extract, Beef Tallow, Tomato Powder, Hydrolyzed Soy Corn Wheat Gluten Protein, Modified Food Starch, Spices, Citric Acid, Onion Powder, Dehydrated Beef Extract, Maltodextrin, Corn Syrup Solids, Disodium Inosinate, Disodium Guanylate, Thiamine Hydrochloride, Spice Extractives, Vinegar Solids.

Bun: Unbleached Wheat Flour, Malted Barley Flour, Reduced Iron, Thia-Mine Mononitrate Riboflavin Niacin Folic Acid, Water, High Fructose Corn Syrup, Yeast, Soybean Oil, Salt, Wheat Gluten, Cultured Wheat Flour, Sodium Stearoyl Lactylate, Vinegar, Corn Maltodextrin, Natural Flavors, Calcium Sul-Fate, Citric Acid, Ascorbic Acid, Sesame.

## **Baked Beans**

Navy Beans, Water, Brown Sugar. Cured Bacon, Salt, Mustard Water, Vinegar, Mustard Seed, Salt, Paprika, Turmeric, Modified Corn Starch, Onion Powder, Caramel Color, Spice, Garlic Powder, Natural Flavor.

## **Corn**

Corn, Butter (Cream, Salt), Black Pepper

## **Friday**

### **Chicken Casserole**

Chicken, Water, Vinegar, Rice Starch, Salt. Durum Wheat Semolina, Durum Wheat Flour, Niacin, Iron Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid. Chicken Stock, Water, Vegetable Oil, Modified Food Starch, Wheat Flour, Cream Milk, Salt, Chicken\*, Soy Protein, Chicken Fat, Yeast, Beta Carotene Chicken Broth\*, Flavoring, Cane Sugar, Onions\*, Cornstarch, Celery Extract, Onion Extract, Xanthan Gum. \*Dried. Whey, Skim Milk, Soybean Oil ,Canola Oil , Sunflower Oil, Modified Food Starch, Sodium Phosphate, Cheddar Cheese Cultured Milk, Salt, Enzymes, Salt, Distilled Vinegar, Natural Flavors, Mono- And Diglycerides , Datem , Sodium Stearoyl Lactylate, , Cellulose Gum, Torula Yeast t, Corn Syrup Solids, Extractives Of Annatto And Paprika. Salt, Maltodextrin, Garlic Powder, Dehydrated Parsley, Onion Powder, Natural Flavors, Mushroom Powder, Carrageenan, Buttermilk, Turmeric , Chicken Broth, Salt, Natural Flavors, Onion, Celery Root And Carrot, Potato Starch, Powdered Cellulose, Bacon: Water, Salt, Sugar, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite. Salt, Pepper

## **Carrots**

Carrots, Butter (Salt & Cream), Salt

## **Week Five**

### **Monday**

#### **Chicken & Noodles**

Chicken. Noodles: Enriched durum flour (durum wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), egg yolks. Chicken Broth: chicken broth, contains less than 2% of the following: salt, chicken fat, natural flavors, sugar, yeast extract, vegetable stock (concentrates of onion, celery root and carrot).

#### **Mashed Potatoes**

Water, Milk: Low Fat Milk, Vitamin A Palmitate, Vitamin D3, Potato Granules, Butter: Pasteurized Cream, Natural Flavorings, Salt

#### **Mixed Vegetables**

Carrots, Peas, Corn, Green Beans, Lima Beans, Butter (Salt & Cream), Black Pepper, Salt

### **Tuesday**

#### **Tuna Salad**

Light Tuna, Water, Vegetable Broth, Salt. Onions, Celery, Cucumbers, Sugar, Vinegar, Salt, Xanthan Gum, Sodium Benzoate, Red Bell Peppers, Spices, Turmeric, Potassium Sorbate Natural Flavors, Polysorbate 80, Distilled Vinegar, Water, Mustard Seed, Salt, Turmeric, Paprika, Spice, Natural Flavor & Garlic Powder, Granulated Cane Sugar, Parsley, Dill Weed, Garlic, Mayonnaise Soybean Oil, Water, High Fructose Corn Syrup, Distilled Vinegar, Egg Yolks, Food Starch-Modified, Salt, Cider Vinegar, Spice, Paprika, Celery Seed, Calcium Disodium, Eggs

#### **Pasta Salad**

Macaroni Semolina Wheat Enriched With Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid]), Soybean Oil, Red Bell Peppers, Carrots, Onions, Water, High Fructose Corn Syrup, White Distilled Vinegar, Romano Cheese , Milk Pasteurized Part Skim Milk, Cheese Culture, Salt, Enzymes, Salt, Sesame Seed, Poppy Seed, Paprika, Celery Seed, Dehydrated Garlic, Spice, Dehydrated Red Pepper, Silicon Dioxide Spices, Salt, Dried Garlic, Potassium Sorbate Dried Onion, Citric Acid, Dried Red And

Green Peppers, Xanthan Gum, Turmeric And Annatto ,Distilled Monoglycerides, Guar Gum.

### **Tomato & Cucumber Salad**

Tomatoes, Cucumbers, Onions, Ranch: Soybean Oil, Water, Distilled Vinegar, Egg Yolks, Buttermilk, Sugar, Salt, Monosodium Glutamate, Spice, Mustard Flour, Lactic Acid, Propylene Glycol Alginate, Xanthan Gum, Garlic\*, Onion\*, Potassium Sorbate Lemon Juice, Nisin Parsley\*, Polysorbate 60, Calcium Disodium Edta

## **Wednesday**

### **Beef Teriyaki**

Beef Tips. Salt, Pepper.

Teriyaki Sauce:

soy sauce(water,soybeans,wheat,salt),wine, sugar, water,salt,vinegar,sodium benzoate less than 1/10 of 1% as a preservative,onion powder,natural flavors,succinic acid,garlic powder.

Or

High fructose corn syrup, soy sauce (water, wheat, soybeans, salt, sodium benzoate [preservative]), sugar, water, distilled vinegar, modified corn starch, contains less than 2% of sesame seed, vegetable oil (soybean and/or canola), pineapple juice concentrate, ginger, rice vinegar, salt, spice, sodium bisulfate, garlic\*, xanthan gum, caramel color, potassium sorbate and sodium benzoate (preservatives), green onion\*, citric acid. \*dried. Contains: wheat, sesame, soy.

### **White Rice**

White Rice, Water, Butter (cream, salt), salt

### **Far East Vegetables**

Broccoli, Butter (Cream & Salt), salt

## **Thursday**

### **Meatloaf**

Beef, Whole Eggs, Whey, Skim Milk, Citric Acid, Water ,Citric Acid, Xanthan Gum. Onions, Garlic, Salt, Pepper, Ketchup: Tomato, High Fructose Corn Syrup, Distilled Vinegar, Corn Syrup, Spice, Onion Powder, Natural Flavors, Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate ,Riboflavin, Folic Acid, Sugar, Yeast, Salt, Brown Sugar.

### **Mashed Potatoes**

Water, Low Fat Milk, Vitamin A Palmitate, Vitamin D3, Potato Granules, Butter: Pasteurized Cream, Natural Flavorings, Salt

### **Green Beans**

Onions, Bacon: Water, Salt, Sugar, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite., Butter: Pasteurized Cream, Natural Flavorings, Salt: Salt, Yellow Prussiate Of Soda, Sodium Thiosulfate, Potassium Iodide, Sodium Bicarbonate, Black Pepper

## **Friday**

### **Breaded Fish**

Alaska Pollock, Wheat, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Soybean , Canola, Food Starch Modified, Pumpkin Seeds, Whole Grain Rolled Oats, Maltodextrin, Whole Grain Flour Blend Amaranth, Quinoa, Millet, Sorghum, Teff, Yellow Corn Flour, Salt, Flaxseed, Sunflower Seeds, Rice Flour, Canola Oil, Poppy Seeds, Sugar, Garlic Powder, Onion Powder, Wheat Gluten, Dehydrated Garlic, Buttermilk Powder, Dehydrated Onion, Natural Flavors, Rye Flour, Whole Grain Oat Flour, Yeast, Spices, Whole Wheat Flour, Sodium Acid Pyrophosphate, Baking Soda, Corn Starch, Tapioca Starch, Whole Grain Yellow Corn Flour, Dextrose, Celery Seed, Dehydrated Parsley, Guar Gum, Lactic Acid

### **Garden Rice**

Rice, Iron Phosphate, Niacin, Thiamine Mononitrate, Folic Acid, Wild Rice, Dehydrated Vegetables Carrots, Onion, Celery, Garlic, Sugar, Yeast, Hydrolyzed Corn Protein, Maltodextrin, Salt, Parsley, Dextrose, Coconut Oil, Celery Seed, Inactive Yeast, Soybean Oil, Natural Flavor, Caramel Color, Modified Food Starch, Turmeric Extract Spice, Disodium Inosinate & Disodium Guanylate, Thiamine Hydrochloride, Mono & Diglycerides, Calcium Phosphate, Silicon Dioxide

### **Vegetable Blend**

Green soy beans, broccoli, carrots, corn, red pepper., Butter (salt, cream), salt, pepper

## **Week Six**

### **Monday**

#### **Grilled Chicken**

Chicken Breasts, Water, Seasoning Corn Syrup Solids, Brown Sugar, Salt, Dextrose, Vinegar Powder Maltodextrin, Modified Corn Starch, Dried Vinegar, Garlic Powder, Onion Powder, Hydrolyzed Corn Gluten, Autolyzed Yeast Extract, Thiamine Hydrochloride, Disodium Inosinate, Disodium Guanylate, Modified Food Starch, Sodium Phosphates.

#### **Macaroni & Cheese**

Durum Wheat Semolina, Niacin, Iron Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid. Reduced Fat Milk, Vitamin A Palmitate, Vitamin D3. Butter Salt & Cream, Cheese Blend: Cheddar Cheese Milk, Cheese Cultures, Salt, Enzymes, Whey, Natural Flavors, Reduced Lactose Whey, Maltodextrin, Canola Oil, Salt, Natural Blue Cheese Flavor, Blue Cheese Milk, Disodium Phosphate, Nonfat Dry Milk, Citric Acid, Silicon Dioxide, Yellow #5, Yellow #6], Modified Food Starch, Maltodextrin, Modified Whey, Palm Oil, Salt, Dextrose, Yeast, Soybean Oil, Mono And Diglycerides, Silicon Dioxide ,Xanthan Gum, Sodium Caseinate, Natural And Artificial Flavor, Dipotassium Phosphate, Citric Acid, Sodium Hexametaphosphate

#### **Prince Charles Vegetables**

Green Beans, Wax Beans, Carrots, Butter (Cream & Salt), Salt, Black Pepper

### **Tuesday**

#### **Riblette**

Rib: Pork, Water, Soy Protein, Soy ,Sugar, Tomato Powder, Salt, Spices Celery Dextrose, Paprika, Brown Sugar, Citric Acid, Natural Smoke Flavor, Sodium Acetate ,Sodium Diacetate, Natural Spice Extractives Of Paprika, Guar Gum, Onion And Garlic Powder.

BBQ Sauce: Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Water, Distilled Vinegar, Molasses, Salt, Mustard Bran, Hickory Smoke, Spices, Onion Powder, Celery Seed, Sodium Benzoate ,Garlic Powder & Sugar.

## **Augratin Potatoes**

Potatoes, Modified Food Starch, Whey, Maltodextrin, Onion, Potassium Chloride, Sugar, Sunflower Oil, Natural Flavor, Salt, Colors Annatto Extract, Turmeric Extract, Mono & Diglycerides, Autolyzed Yeast Extract, Cheddar Cheese Milk, Cultures, Salt, Enzymes, Corn Syrup Solids, Green Onion, Nonfat Milk, Soybean Oil, Spices, Torula Yeast, Sodium Bisulfite. Water, Soybean Oil, Soy Lecithin, With Potassium Sorbate And Sorbic Acid Propellant No Chlorofluorocarbons, Water, Palm Oil ,Soybean Oil, Water, Salt, Soy Lecithin, Vegetable Mono & Diglycerides, Potassium Sorbate Citric Acid, Natural & Artificial Flavor, Beta Carotene Vitamin A Palmitate, Whey.

## **Cauliflower**

Cauliflower, Butter (cream & salt), salt

## **Wednesday**

### **Beef Manhattan**

Beef, Dextrose, Yellow Corn Flour, Hydrolyzed Corn Protein, Spices Celery, Beef Stock, Modified Food Starch, Salt, Caramel Color Powder, Garlic, Onion Powder. Modified Food Starch, Maltodextrin, Beef Flavors Hydrolyzed, Soy, Corn, Wheat, Beef Stock, Corn Syrup Solids, Autolyzed Yeast Extract, Thiamine Hydrochloride, Canola Oil Salt, Palm Oil, Sugar, Caramel Color, Soybean Oil, Hydrolyzed Soy Protein, Onion Powder, Sodium Caseinate, Garlic Powder, Spice, Beef Fat, Disodium Inosinate, Disodium Guanylate, Dipotassium Phosphate, Citric Acid, Mono & Diglycerides, Yeast Extract, Natural Flavor, Artificial Flavor, Silicon Dioxide Sodium Hexametaphosphate, Sunflower Oil, Extractive Of Paprika.

### **Mashed Potatoes**

Water, Milk, Vitamin A Palmitate, Vitamin D3, Potato Granules, Butter: Pasteurized Cream, Natural Flavorings, Salt

### **Broccoli**

Broccoli, Butter (salt, cream), Salt

## **Thursday**

### **Goulash**

Beef. Durum wheat semolina, niacin, iron ferrous sulfate, thiamin mononitrate, riboflavin, folic acid. Peppers, Onions, Tomato Puree Water, Tomato Paste, Salt, Citric Acid, Onion Powder, Garlic Powder, Dehydrated Bell Peppers, Natural Flavors. Garlic Powder. Regano, Marjoram, Thyme, Basil, Rosemary, Sage. Pepper.

### **Green Beans**

Onions, Bacon: Water, Salt, Sugar, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite., Butter: Pasteurized Cream, Natural Flavorings, Salt, Yellow Prussiate Of Soda, Sodium Thiosulfate, Potassium Iodide, Sodium Bicarbonate, Black Pepper

## **Friday**

### **Breakfast Casserole**

Potatoes, Whole Eggs, Whey, Skim Milk, Citric Acid, Water Citric Acid, Xanthan Gum. Citric Acid ,Color Onions, Cheddar Cheese Cultured Pasteurized Milk, Salt, Enzymes, Potato Starch, Powdered Cellulose, Pork, Water, Salt, Sugar, Spices, Natural Flavors. Bacon: Water, Salt, Sugar, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite. Peppers. Sausage: Pork, water, salt, sugar, spices, natural flavors. Ham: cured with: water, dextrose, salt, contains 2% or less of: potassium lactate, sodium phosphates, sodium diacetate, sodium erythorbate, sodium nitrite

### **Fried Apples**

Apples, Granulated Cane Sugar, Water, Cinnamon

## **Fall/Winter Menu 2026 Pcco**

### **Week One**

## **Monday**

### **Sausage Gravy**

Water, Pork, Water, Salt, Vegetable Protein Soy Flour, Caramel Color, Spices, Hydrolyzed Wheat Gluten Protein, , Garlic Powder, Natural Flavoring, Food Starch - Modified, Rendered Pork Fat Bha, Propyl Gallate And Citric Acid, Palm Oil, Sugar, Salt,

Bleached Wheat Flour, Maltodextrin, Xanthan Gum, Natural Flavorings, Spices, Titanium Dioxide, Disodium Inosinate, Disodium Guanylate, Whey Protein.

### **Baked Apples**

Apples, Granulated Cane Sugar, Water, Cinnamon

### **Hashbrowns**

Potatoes, Dextrose, Disodium Pyrophosphate Potassium Sorbate, Butter: Pasteurized Cream, Salt, Pepper

### **Biscuit**

Bleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Buttermilk Cultured Milk, Food Starch, Salt, Sodium Citrate, Carob Bean Gum, Carrageenan, Vit-Amin A Palmitate, Vitamin D3, Palm Oil, Sugar, Flour , Malted Barley Flour, Sodium Aluminum Phosphate, Sodium Bicarbonate, Salt, Sodium Stearoyl Lactylate, Artificial Butter Flavor Water, Propylene Glycol, Alcohol, Artificial Flavors, Butyric Acid And Yellow 5, Potassium Sorbate, Monocalcium Phosphate, Soybean Oil.

## **Tuesday**

### **Roast Beef / Gravy**

Beef, Water, Modified Corn Starch, Hydrolyzed Soy Protein, Maltodextrin, Sugar, Beef Stock, Caramel Color Natural Flavor, Yeast, Dehydrated Onion, Xanthan Gum, Dehydrated Garlic, Spice, Salt, Dextrose, Modified Corn Starch, Hydrolyzed Soy Protein, Spices Parsley, Caramel Color Powder, Natural Beef Flavor Beef Stock, Autolyzed Yeast Dehydrated Onion And Garlic, Sugar, Natural Flavor, Spice Extractive

Gravy - Modified Food Starch, Maltodextrin, Salt, Dextrose, Beef Extract, Beef Stock, Hydrolyzed Corn, Soy & Wheat Proteins, Corn Syrup Solids, Natural Flavors, Yeast Extract, Canola Oil, Thiamine Hydrochloride, Canola Oil, Wheat Flour, Palm Oil, Beef Fat, Onion Powder, Caramel Color, Coffee, Garlic Powder, Sodium Caseinate, Tomato Powder, Citric Acid, Disodium Inosinate, Disodium Guanylate, Natural Flavor, Dipotassium Phosphate, Extractive Of Paprika, Mono & Diglycerides, Silicon Dioxide Sodium Hexametaphosphate

### **Red Potatoes**

Red Potatoes, Butter (Cream, Salt), Salt, Black Pepper

### **Lima Beans**

Lima Beans, Butter (Cream, Salt), Salt, Black Pepper

## **Wednesday**

### **Chicken Pot Pie**

Chicken, Onions, Peas , Carrots, Celery, Chicken Stock, Salt, Natural Flavoring, Mirepoix, Chicken Fat, Yeast, Soup Base- Maltodextrin, Food Starch-Modified, Coconut Oil, Whey, Salt, Sugar, Hydrolyzed Corn Protein, Annatto, Dipotassium Phosphate, Garlic Powder, Mono And Diglycerides, Sodium Caseinate, Soybean Oil, Spice, Xanthan Gum, Yeast,

Chicken Gravy Mix- Modified Food Starch, Wheat Flour, Maltodextrin, Salt, Palm Oil, Hydrolyzed Soy Protein, Chicken Fat, Natural Flavors, Chicken Stock, Yeast, Chicken Meat Powder, Chicken Fat, Lactic Acid, Calcium Lactate, Sodium Phosphate, Onion Powder, Chicken, Sugar, , Sodium Caseinate, Chicken Broth, Disodium Inosinate & Disodium Guanylate, Spices, Dipotassium Phosphate, Parsley, Mono & Diglycerides, Beta Carotene, Natural Flavor, Silicon Dioxide, Sodium Hexametaphosphate, Extractive Of Turmeric, Caramel Color, Sunflower Oil.

Pasteurized Cream, Salt, Salt & Pepper, Pie Crust- Lard, Flour, Salt, Baking Soda, Dextrose, Water.

### **Broccoli**

Broccoli, Butter (Salt, Cream), Salt

## **Thursday**

### **Hamburger**

Beef, Water, Bleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Durum Flour, Sodium Bicarbonate, Sodium Acid Pyrophosphate, Yeast, Salt, Dextrose, Hydrolyzed Soy Protein, Sugar, Extract, Beef Tallow, Tomato Powder, Hydrolyzed Soy Corn Wheat Gluten Protein, Modified Food Starch, Spices, Citric Acid, Onion Powder, Dehydrated Beef Extract, Maltodextrin, Corn Syrup Solids, Disodium Inosinate, Disodium Guanylate, Thiamine Hydrochloride, Spice Extractives, Vinegar Solids

Bun: Unbleached Wheat Flour, Malted Barley Flour, Reduced Iron, Thia-Mine Mononitrate Riboflavin Niacin Folic Acid, Water, High Fructose Corn Syrup, Yeast, Soybean Oil, Salt, Wheat Gluten, Cultured Wheat Flour, Sodium Stearoyl Lactylate, Vinegar, Corn Maltodextrin, Natural Flavors, Calcium Sul-Fate, Citric Acid, Ascorbic Acid

### **Macaroni & Cheese**

Durum Wheat Semolina, Niacin, Iron Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid. Reduced Fat Milk, Vitamin A Palmitate, Vitamin D3. Butter Salt & Cream, Cheddar Cheese Milk, Cheese Cultures, Salt, Enzymes, Whey, Natural Flavors,

Reduced Lactose Whey, Maltodextrin, Canola Oil, Salt, Natural Blue Cheese Flavor, Blue Cheese Disodium Phosphate, Nonfat Dry Milk, Citric Acid, Silicon Dioxide, Yellow #5, Yellow #6], Modified Food Starch, Maltodextrin, Modified Whey, Palm Oil, Salt, Dextrose, Yeast, Soybean Oil, Mono And Diglycerides, Silicon Dioxide, Xanthan Gum, Sodium Caseinate, Natural And Artificial Flavor, Dipotassium Phosphate, Citric Acid, Sodium Hexametaphosphate, Yellow 5, Yellow 6.

### **Corn**

Corn, Butter (Salt & Cream), Salt, Black Pepper

## **Friday**

### **Roast Pork W/ Gravy**

Pork, Water, Salt, Sodium Tripolyphosphate Lemon Juice. Modified Food Starch, Wheat Flour, Maltodextrin, Salt, Palm Oil, Pork Stock, Chicken Fat, Sugar, Cooked Chicken, Yeast Extract, Beef Stock, Chicken Broth, Sodium Caseinate, Onion Powder, Dextrose, Disodium Inosinate, Disodium Guanylate, Dipotassium Phosphate, Caramel Color, Garlic Powder, Tapioca Starch, Mono And Diglycerides, Beta Carotene, Extractive Of Paprika, Natural Flavors, Silicon Dioxide, Sodium Hexametaphosphate.

### **Mashed Potatoes**

Water, Milk: Low Fat Milk, Vitamin A Palmitate, Vitamin D3, Potato Granules, Butter - Cream, Natural Flavorings, Salt

### **Sauerkraut**

Cabbage, Water, Salt

## **Week Two**

## **Monday**

### **Beef & Noodles**

Beef, Water Modified Corn Starch, Hydrolyzed Soy Protein, Maltodextrin, Sugar, Beef Stock, Caramel Color Natural Flavor, Yeast, Dehydrated Onion, Xanthan Gum, Dehydrated Garlic Spice, Spice Seasoning Salt, Dextrose Spices Caramel Powder, Granulated Garlic, Onion. Beef Broth: Beef Stock, Beef Fat, Caramel Color, Dextrose, Disodium Inosinate, Disodium Guanylate, Flavorings, Sunflower Oil, Hydrolyzed Corn Protein, Salt, Yeast. Enriched Durum Flour Durum Wheat Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid, Egg Yolks.

### **Mashed Potatoes**

Water, Milk: Low Fat Milk, Vitamin A Palmitate, Vitamin D3, Potato Granules,  
Butter: Pasteurized Cream, Natural Flavorings, Salt

### **Mixed Vegetables**

Carrots, Peas, Corn, Green Beans, Lima Beans, Butter (Salt & Cream),  
Black Pepper, Salt

## **Tuesday**

### **Grilled Chicken**

Chicken Breasts Water, Corn Syrup Solids, Brown Sugar, Salt, Dextrose, Vinegar  
Powder Maltodextrin, Modified Corn Starch, Dried Vinegar, Garlic Powder, Onion  
Powder, Hydrolyzed Corn Gluten, Autolyzed Yeast, Thiamine Hydrochloride, Disodium  
Inosinate, Disodium Guanylate, Modified Food Starch, Sodium Phosphates.

### **Adobo Rice**

White Rice, Yellow Onions, Red Bell Pepper, Green Bell Pepper, Adobo Seasoning Salt,  
Sugar, Spices, Maltodextrin, Garlic Powder, Onion Powder, Paprika, Yeast, Citric Acid,  
Silicon Dioxide Canola Oil, Paprika Extractives Soybean Oil, Garlic

### **Succotash**

Corn, Lima Beans, Butter (Salt & Cream), Salt, Black Pepper

## **Wednesday**

### **Lasagna**

Lasagna Noodles: Durum Wheat Semolina, Niacin, Iron Ferrous Sulfate, Thiamin  
Mononitrate, Riboflavin, Folic Acid. Ground Beef. Vine Ripened Tomatoes, Sea Salt,  
Dehydrated Onions, Dehydrated Garlic, Spices, Natural Flavorings, Sweet Bell Pepper,  
Citric Acid. Garlic Powder, Onions, Oregano, Salt, Pepper, Tomatoes, Salt, Vitamin C  
Ascorbic Acid, Citric Acid., Pasteurized Milk, Skim Milk, Cheese Cultures, Salt,  
Enzymes, Powdered Cellulose Natamycin Parmesan Cheese: Part-Skim Milk, Cheese  
Cultures, Salt, Enzymes, Potato Starch And Powdered Cellulose., Natamycin Natural

### **Broccoli**

Broccoli, Butter (Salt & Cream), Salt

## **Thursday**

## **Salisbury Steak**

Beef, Water, Textured Vegetable Protein Product [Soy Protein Concentrate, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), Cyanocobalamin (B12)], Vegetable Protein Product [Soy Protein Concentrate, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), Cyanocobalamin (B12)], Bell Peppers, Seasoning [Dehydrated Onion, Dextrose, Autolyzed Yeast Extract, Spice Extractives], contains 2% or less of the following: Bleached Wheat Flour, Salt, Caramel Color, Soybean Oil, Dextrose, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Whey, Oleoresin Paprika.

Beef, Water, Soy Protein Concentrate, Seasoning [Wheat Flour, Dehydrated Onion, Salt, Whey, Hydrolyzed Soy Protein, Hydrolyzed Corn Protein, Caramel Color, Dextrose, Sugar, Dehydrated Bell Peppers, Monosodium Glutamate, Spice, Natural Flavors], Potassium Phosphates, Salt, Caramel Color. ---GFS brand

## **Brown Gravy**

Wheat flour, modified food starch, palm oil, maltodextrin, whey powder, salt, corn syrup solids, contains 2% or less of: spice, sodium caseinate, soybean oil, dipotassium phosphate, dextrose, titanium dioxide, mono & diglycerides, artificial flavor, beta carotene, caramel color, yellow 6, sodium hexametaphosphate, silicon dioxide (flow agent).

## **Mashed Potatoes**

Water, Low Fat Milk, Vitamin A Palmitate, Vitamin D3, Potato Granules, Butter: Pasteurized Cream, Natural Flavorings, Salt

## **Carrots**

Carrots, Butter (Salt & Cream), Salt

## **Friday**

### **Crab Cakes**

Crabmeat ,Water, Mayonnaise Vegetable Oil, Water, Eggs, Vinegar, Sugar, Salt, Monosodium Glutamate, Hydroxypropyl Distarch Phosphate, Lactic Acid, Xanthan Gum, Beta Carotene ,Spice Wheat Flour, Yeast, Salt, Eggs, Soybean Oil, Wheat Protein Wheat Protein, Wheat Flour, Po-Tato Starch, Spices, Garlic Powder, Paprika, Parsley Flakes, Onions, Tamarind, Salt, Sugar, Lemon Juice Powder, Glucose, Vinegar Powder,

Sodium Diacetate, Natural Flavor, Hydrolyzed Soy Protein, Artificial Flavor, Turmeric, Guar Gum, Worcestershire Sauce Water, Molasses, Malt Vinegar, Spirit Vinegar, Sugar, Salt, Anchovies, Tamarind Ex-Tract, Onions, Garlic, Spices, Lemon Oil, Water, Lemon Juice, Mustard Distilled Vinegar, Water, Mustard Seed, Salt, Turmeric, Paprika, Spice, Natural Flavor, And Garlic Powder.

### **Garden Rice**

Rice Blend Rice, Iron Phosphate, Niacin, Thiamine Mononitrate, Folic Acid), Wild Rice, Dehydrated Vegetables Carrots, Onion, Celery, Garlic, Sugar, Yeast Hydrolyzed Corn Protein, Maltodextrin, Salt, Parsley, Dextrose, Coconut Oil, Celery Seed, Inactive Yeast, Soybean Oil, Natural Flavor, Caramel Color, Modified Food Starch, Turmeric Extract, Spice, Disodium Inosinate & Disodium Guanylate, Thiamine Hydrochloride, Mono & Diglycerides, Calcium Phosphate, Silicon Dioxide

### **Buttered Peas**

Peas, Butter (Cream & Salt), Salt, Pepper

## **Week Three**

### **Monday**

#### **Hot Dog**

Beef, Water, Salt, Potassium Lactate, Sodium Diacetate, Sodium Phosphate, Sugar, Sodium Erythorbate, Sodium Nitrite, Oleoresin Of Paprika.

#### **Baked Beans**

Navy Beans, Water, Brown Sugar. Bacon, Salt, Mustard Water, Vinegar, Mustard Seed, Salt, Paprika, Turmeric, Modified Corn Starch, Onion Powder, Caramel Color, Spice, Garlic Powder, Natural Flavor.

#### **Buttered Corn**

Corn, Butter (Cream, Salt), Black Pepper

### **Tuesday**

#### **Chicken Salad**

Chicken Celery, Onions, Eggs, Soybean Oil, Egg Yolks, High Fructose Corn Syrup, Water, Distilled Vinegar, Salt, Cider Vinegar, Spice, Lemon Juice, Calcium Disodium, Cucumbers, Sugar, Vinegar, Salt, Natural Flavors, Xanthan Gum, Sodium Benzoate

Red Bell Peppers, Spices, Turmeric, Polysorbate 80, Sugar, Salt, Pepper

### **Potato Salad**

Potatoes, Soybean Oil, Water, Sugar, Red Bell Peppers, Celery, Sweet Relish Cucumbers, Fructose, Vinegar, Water, Salt, Xanthan Gum, Red Peppers, Natural Flavors, Spices, AlumTurmeric White Distilled Vinegar, Mustard Distilled Vinegar, Mustard Seed, Salt, Turmeric, Spices, Onions, Eggs, Salted Egg Yolks, Salt, Potassium Sorbate, Granulated Onion, Lemon Juice, Spices, Paprika

### **Coleslaw**

Cabbage, Sugar, Soybean Oil, Water, Carrots, White Distilled Vinegar, Eggs, Egg Yolks, Salt, Erythorbic Acid Potassium Sorbate, Citric Acid, Xanthan Gum, Sodium Benzoate, Lemon Juice, Spices, Mayonnaise Spice Blend Flavor Medium Chain Triglycerides, Natural & Artificial Flavors

## **Wednesday**

### **Breaded Pork Tenderloin**

Pork, Water, Soy Protein, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate, Pyridoxine Hydrochloride, Riboflavin, Cyanocobalamin, Salt, Natural Flavors. Batter: Maltodextrin, Egg Whites, Whey Protein Buttermilk, Whey Solids, Mono A& Diglycerides, Whey, Modified Corn Starch, Lactic Acid, Buttermilk Powder, Calcium Lactate, Citric Acid, Safflower Oil, Buttermilk, Natural Flavors, Vinegar, Corn Syrup Solids, Lipolyzed Cream Butter, Nonfat Milk. Breading Ingredients: Enriched Bleached Wheat Flour Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid, Salt, Sugar, Hydrogenated Soybean Oil, Yeast, Spices, Celery Seed, Onion Powder, Garlic Powder, Caramel Color, Extractives Of Paprika.

### **Parslied Potatoes**

Red Potatoes, Butter (Salt & Cream), Salt, Black Pepper, Parsley

### **Carrots**

Carrots, Butter (Salt & Cream), Salt

## **Thursday**

### **Meatloaf**

Beef, Whole Eggs, Whey, Skim Milk, Citric Acid, Water Citric Acid, Xanthan Gum. Citric Acid, Onions, Garlic, Salt, Pepper, Ketchup: Tomato High Fructose Corn Syrup, Distilled Vinegar, Corn Syrup,: Spice, Onion Powder, Natural Flavors, Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid, Sugar, Yeast, Salt, Brown Sugar.

### **Mashed Potatoes**

Water, Low Fat Milk, Vitamin A Palmitate, Vitamin D3, Potato Granules, Butter: Pasteurized Cream, Natural Flavorings, Salt

### **Green Beans**

Onions, Bacon: Water, Salt, Sugar, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite., Butter: Pasteurized Cream, Natural Flavorings, Salt: Salt, Yellow Prussiate Of Soda, Sodium Thiosulfate, Potassium Iodide, Sodium Bicarbonate, Black Pepper

## **Friday**

### **Lemon Garlic Fish**

Swai, Water, Salt, Sodium Tripolyphosphate, Potassium Citrate, Sodium Citrate, Lemon Juice, Garlic, Parsley, Pepper, Butter: Pasteurized Cream, Natural Flavorings,

### **Rice Pilaf**

Rice, Iron Phosphate, Niacin, Thiamine Mononitrate, Folic Acid, Orzo , Semolina Wheat Flour, Ferrous Sulfate, Riboflavin, Hydrolyzed Corn Protein, Dextrose, Salt, Malt Barley Extract, Maltodextrin, Sugar, Soybean Oil, Potassium Chloride, Inactive Yeast, Yeast, Color Caramel Color, Turmeric Extract, Spice, Natural Flavor, Worcestershire Sauce Distilled Vinegar, Molasses, Corn Syrup, Salt, Caramel Color, Garlic Powder, Sugar, Spice, Tamarind, Natural Flavor, Onion Powder, Disodium Inosinate & Disodium Guanylate, Thiamine Hydrochloride, Silicon Dioxide

### **Far East Vegetables**

Broccoli, Pea Pods, Carrots, Baby Cob Corn, Pearl Onions, Bamboo Shoots, Red Pepper, Water Chestnuts, Butter (Cream & Salt)

## **Week Four**

### **Monday**

## **Smoked Sausage**

Pork And Beef, Water, Salt, Flavoring, Potassium Lactate, Sodium Diacetate, Sodium Phosphate, Sugar, Sodium Erythorbate, Oleoresin Of Paprika, Corn Syrup, Monosodium Glutamate, Dextrose, Sodium Nitrite, Lemon Powder, Natural Flavor

## **Mashed Potatoes**

Water, Low Fat Milk, Vitamin A Palmitate, Vitamin D3, Potato Granules, Butter: Pasteurized Cream, Natural Flavorings, Salt

## **Sauerkraut**

Cabbage, Water, Salt

## **Tuesday**

### **Pot Roast**

Beef, Water, Modified Corn Starch, Hydrolyzed Soy Protein, Maltodextrin, Sugar, Beef Stock, Caramel Color Natural Flavor, Yeast, Dehydrated Onion, Dehydrated Garlic, Spice ,Salt, Dextrose, Modified Corn Starch, Hydrolyzed Soy Protein, Parsley, Beef Stock, Autolyzed Yeast, Dehydrated Onion & Garlic, Sugar, Natural Flavor, Xanthan Gum, Spice Extractive

### **Root Vegetables**

Roasted Red Potatoes, Yellow Carrots, Roasted Parsnips, Roasted Sweet Potatoes

## **Wednesday**

### **Roast Turkey W/ Gravy**

Turkey Breast, Salt, Sugar, Sodium Phosphates

Gravy: Modified Food Starch, Wheat Flour, Salt, Modified Whey, Maltodextrin, Hydrolyzed Soy Protein, Palm Oil, Sugar, Chicken Fat, Cooked Chicken, Natural Flavors, Chicken Stock, Autolyzed Yeast Extract, Chicken Meat Powder, Chicken Fat, Lactic Acid, Calcium Lactate, Sodium Phosphate, Turkey Stock, Onion Powder, Yeast ,Sodium Caseinate, Chicken Broth, Dipotassium Phosphate, Disodium Inosinate,

Disodium Guanylate, Mono & Diglycerides, Spices, Natural Flavor, Caramel Color, Silicon Dioxide Sodium Hexametaphosphate, Extractive Of Turmeric, Sunflower Oil.

### **Stuffing**

Enriched Wheat Flour, Enriched With Reduced Iron, Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid, High Fructose Corn Syrup, Palm Oil, Salt, Calcium Propionate Caramel Color, Soy Lecithin, Onion, Celery, Garlic Maltodextrin, Salt, Sugar, Parsley, Natural & Artificial Flavor, Turmeric Extract, Turmeric, Celery Seed, Disodium Inosinate & Guanylate, Spice, Hydrolyzed Corn & Soy Protein, Yeast Citric Acid, Spice Extractives, Silicon Dioxide

### **Prince Charles Vegetables**

Green Beans, Wax Beans, Carrots, Butter (Cream & Salt), Salt, Black Pepper

## **Thursday**

### **Chili**

Water, Tomato Paste, Wheat Flour, Sugar, Water, Salt, Citric Acid, Ascorbic Acid Flavoring, Celery Extract, Garlic Oil., Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid, Chili Pepper, Salt, Spices, Dehydrated Garlic, Salt, Pepper, Kidney Beans Water, Tomato Paste, Onion Powder, Garlic Powder, Dehydrated Bell Peppers, Natural Flavors.

### **Baked Potato**

Potato, Butter (Cream & Salt), Salt

### **Broccoli**

Broccoli, Butter (Cream & Salt), Salt

## **Friday**

### **Chicken & Dumplings**

Water, Egg Dumplings: Wheat Flour, Malted Barley Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid, Water, Eggs, Baking Powder Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium

Phosphate Soybean Oil, Salt, Chicken Meat, Water, Modified Tapioca Starch, Sugar, Dextrose, Salt, Sodium Phosphate, Modified Potato Starch, Chicken Stock, Modified Food Starch, Chicken Fat, Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Dried Minced Onions, Potassium Salt, Hydrolyzed Corn Protein, Maltodextrin, Whey Powder From Milk, Disodium Inosinate And Disodium Guanylate, Natural Flavor, Onion Powder, Parsley, Hydrolyzed Corn Gluten, Spice, Turmeric.

### **Mashed Potatoes**

Water, Low Fat Milk, Vitamin A Palmitate, Vitamin D3, Potato Granules, Butter: Pasteurized Cream, Natural Flavorings, Salt

### **Normandy Vegetables**

Broccoli, Cauliflower, Sliced Carrots, Sliced Yellow Squash, Sliced Zucchini, Butter (Salt & Cream), Salt

## **Week Five**

### **Monday**

#### **Creamed Chicken**

Chicken.Gravy: Modified Food Starch, Wheat Flour, Maltodextrin, Salt, Palm Oil, Hydrolyzed Soy Protein, Chicken Fat, Natural Flavors, Chicken Stock, Autolyzed Yeast Chicken Meat Powder, Chicken Fat, Lactic Acid, Calcium Lactate, Sodium Phosphate Onion Powder, Chicken, Sugar, Yeast Extract, Sodium Caseinate, Chicken Broth, Disodium Inosinate & Disodium Guanylate, Spices, Dipotassium Phosphate, Parsley, Mono & Diglycerides, Beta Carotene, Natural Flavor, Silicon Dioxide Caking Sodium Hexametaphosphate, Extractive Of Turmeric, Caramel Color, Sunflower Oil. Cream Soup Base: Maltodextrin, Food Starch-Modified, Coconut Oil, Whey, Salt, Sugar, Hydrolyzed Corn Protein, Annatto, Dipotassium Phosphate, Garlic Powder, Mono And Diglycerides, Sodium Caseinate, Soybean Oil, Spice, Xanthan Gum, Yeast Chicken Broth- Chicken Stock, Salt, Natural Flavoring, Mirepoix, Chicken Fat, Yeast

#### **Scandinavian Vegetables**

Peas, Zucchini, Green Beans, Carrots, Onions, Butter (Salt & Cream), Salt, Pepper

#### **Biscuit**

Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid, Water, Palm Oil, Buttermilk, Sugar, Salt, Baking Soda, Soybean Oil, Whey, Sodium Aluminum

Phosphate, Sodium Acid Pyrophosphate, Modified Wheat Starch, Monocalcium Phosphate, Dextrose, Natural And Artificial Flavors.

## **Tuesday**

### **Baked Ham**

Ham, Cured With: Water, Dextrose, Salt, Sodium Phosphates, Potassium Acetate, Potassium Lactate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite.

### **Sweet Potatoes**

Sweet Potatoes, Butter (Cream & Salt), Salt

### **Brussel Sprouts**

Brussel Sprouts, Butter (Cream & Salt), Salt, Pepper

## **Wednesday**

### **Cabbage Roll**

Cabbage, Beef, Rice, Onion, Water, Egg, Bread Crumbs: Wheat Flour, Sugar, Yeast, Soybean Oil, Salt, Green Bell Pepper, Soy Protein, Caramel Color, Celery, Nonfat Dry Milk, Salt, Isolated Soy Protein, Black Pepper, Dried Beef Stock,. Cabbage, Water, Salt. Tomato Paste, Salt, Citric Acid, Onion Powder, Garlic Powder, Dehydrated Bell Peppers, Natural Flavors. Water, Tomato Paste, Wheat Flour, Sugar, Water, Salt, Citric Acid, Ascorbic Acid Flavoring, Celery Extract, Garlic Oil.

### **Confetti Mashed Potatoes**

Water, Milk: Low Fat Milk, Vitamin A Palmitate, Vitamin D3, Potato Granules, Butter: Pasteurized Cream, Natural Flavorings, Salt, Carrots

### **Green Beans**

Onions, Bacon: Water, Salt, Sugar, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite., Butter: Pasteurized Cream, Natural Flavorings, Salt: Salt, Yellow Prussiate Of Soda, Sodium Thiosulfate, Potassium Iodide, Sodium Bicarbonate, Black Pepper

## **Thursday**

### **Pepper Steak**

Water, Roasted Seasoned Prime Rib Beef Steak Dices And Modified Food Starch Beef, Beef Broth, Corn Starch, Salt, Turbinado Sugar, Sodium Carbonate, Sea Salt, Flavor, Dextrose, Corn Syrup Solids, Caramel Color, Spice Extractives, Green And Red Bell Pepper, Mushrooms, Water, Salt, Onion, Sherry, Food Starch-Modified, Soy Sauce Water, Soybeans, Wheat, Alcohol, Vinegar, Lactic Acid, Beef, Flavors, Soybean Oil, Rice Flour, Spices, Mono- & Diglycerides,

### **Steamed Rice**

Rice Enriched With Iron (Ferric Phosphate), Niacin, Thiamine, Mononitrate, & Folic Acid.

### **Buttered Corn**

Corn, Butter (Salt & Cream), Salt, Pepper

## **Friday**

### **Salmon Patty**

Pink Salmon, Water, Salt. Whole Eggs, Whey, Skim Milk, Citric Acid, Xanthan Gum. Onions, Garlic Powder, Parsley, Soybean Oil, Egg Yolks, High Fructose Corn Syrup, Water, Distilled Vinegar, Salt, Cider Vinegar, Spice, Lemon Juice, Calcium Disodium, Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid, Sugar, Yeast, Salt, Salt, Celery Seed, Spices Red Pepper And Black Pepper & Paprika

### **Creamed Peas**

Peas, Cream Soup Base: Maltodextrin, Food Starch-Modified, Coconut Oil, Whey, Salt, Sugar, Hydrolyzed Corn Protein, Annatto, Dipotassium Phosphate, Garlic Powder, Mono And Diglycerides, Sodium Caseinate, Soybean Oil, Spice, Xanthan Gum, Yeast Extract., Butter: Pasteurized Cream, Natural Flavorings, Salt, Pepper

### **Stewed Tomatoes**

Tomatoes, Tomato Juice, Sugar, Salt, Dried Onion, Dried Celery, Dried Bell Pepper, Citric Acid, Calcium Chloride, Natural Flavors. Wheat Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid, Soybean Oil, High Fructose Corn Syrup, Vital Wheat Gluten, Salt, Dextrose, Yeast, Baking Soda, Caramel Color, Sodium Metabisulfite, Dried Parsley, Maltodextrin, Dehydrated Garlic, Spice, Autolyzed Yeast Extract. Butter: Pasteurized Cream, Sugar, Salt, Pepper

## **Week Six**

### **Monday**

#### **Soup Beans W/ Ham & Onions**

Great Northern White Beans, Water, Salt, Calcium Chloride. Ham: Juices Water, Salt, Dextrose, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Celery, Onions

#### **Hash Browns**

Potatoes, Dextrose, Disodium Pyrophosphate Potassium Sorbate, Butter: Pasteurized Cream, Salt, Pepper

#### **Mixed Greens**

Spinach, Butter: Pasteurized Cream, Salt, Black Pepper

### **Tuesday**

#### **Orange Chicken**

Chicken, Water, Vinegar, Rice Starch, Salt. Sugar, Soy Sauce Water, Soybeans, Sugar, Modified Corn Starch, Orange Juice, Dehydrated Onion, Natural Flavor, Citric Acid, Xanthan Gum, Spices, Garlic Powder.

#### **Fried Rice**

White Rice, Water, Carrots, Leeks, Soy Sauce Water, Wheat, Soybeans, Salt, Alcohol Peas, Soybean Canola Oil, Water, Mirin Water, Rice, Alcohol, Salt, Enzyme, Koji, Sugar, Lactic Acid, Red Bell Pepper, Corn, Onion, Spice

#### **Sugar Snapped Peas**

Sugar Snapped Pea, Butter (Cream & Salt), Salt, Pepper

### **Wednesday**

#### **Breakfast Casserole (Bacon)**

Potatoes, Whole Eggs, Whey, Skim Milk, Citric Acid, Xanthan Gum. Citric Acid Color Onions, Cheddar Cheese Cultured Pasteurized Milk, Salt, Enzymes, Potato

Starch, Powdered Cellulose, Pork, Water, Salt, Sugar, Spices, Natural Flavors. Bacon: Water, Salt, Sugar, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite. Peppers

### **Baked Apples**

Apples, Water, Palm Oil And Soybean Oil, Water, Salt, Of Soy Lecithin, Vegetable Mono & Diglycerides, Potassium Sorbate, Citric Acid, Natural & Artificial Flavor, Beta Carotene Vitamin A Palmitate, Whey, Sugar, Molasses, Cinnamon

### **Creamed Corn**

Corn, Water, Sugar, Modified Corn Starch, Salt, Butter (Cream & Salt), Salt, Pepper

## **Thursday**

### **Meatloaf**

Beef, Whole Eggs, Whey, Skim Milk, Water Citric Acid, Xanthan Gum. Onions, Garlic, Salt, Pepper, Ketchup: Tomato Concentrate, High Fructose Corn Syrup, Distilled Vinegar, Corn Syrup, Spice, Onion Powder, Natural Flavors, Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid, Sugar, Yeast, Salt, Brown Sugar.

### **Mashed Potatoes**

Water, Low Fat Milk, Vitamin A Palmitate, Vitamin D3, Potato Granules, Butter: Pasteurized Cream, Natural Flavorings, Salt

### **Green Beans**

Onions, Bacon: Water, Salt, Sugar, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite., Butter: Pasteurized Cream, Natural Flavorings, Salt: Salt, Yellow Prussiate Of Soda, Sodium Thiosulfate, Potassium Iodide, Sodium Bicarbonate, Black Pepper

## **Friday**

### **Spaghetti W/ Meat**

Beef, Water, Tomato Paste, High Fructose Corn Syrup, Salt, Soybean Oil, Dried Onion, Citric Acid, Spices, Dried Garlic. Durum Wheat Semolina, Durum Wheat Flour, Niacin, Iron Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid.

### **Peas & Onions**

Peas & Onions, Butter (Cream & Salt), Salt, Pepper