

# Wonderful Wednesday

## Spring 2024

### January 17: Baked Ziti

- **Italian Sausage Links** (Italian Sausage Links, Minced beef, Salt and pepper, Garlic, Olive oil, Italian seasoning)
- **Tomato Sauce** (Onions, garlic, salt & pepper, olive oil, crushed tomatoes, tomatoes puree, Italian seasoning)
- **Ziti Pasta** (Ziti pasta, Gluten free Ziti pasta, Mozzarella cheese, Parmesan)
- **Garlic Bread** (Bread, Gluten free bread, Olive oil, Butter, Garlic, Salt, and pepper)
- **Spanish Rice**
- **Mixed Salad**
- **Dessert: Lemon Cups**

### January 24: Hungarian Goulash (Beef Stew)

- **Goulash** (Beef, onions, peppers, tomatoes, potatoes, garlic, tomato paste, salt & pepper, paprika, beef stock)
- **Chicken Nuggets for Kids** (Chicken Nuggets contain gluten)
- **Sourdough Bread and Gluten free bread**
- **Mixed Salad**
- **Dessert: Butterscotch Drop Cookies**

### January 31: Blackened Chicken with Dirty Rice

- **Blackened Chicken** (Chicken breast, Olive oil, Salt & Pepper, Onion powder, Garlic powder, Paprika, Italian seasoning)
- **Dirty Rice** (Rice, Garlic, Celery, Olive oil, red peppers, White onion, Vegetable stock)
- **Vegetable Medley** (Squash, Brussel sprouts, red onion, Dried cherries, Olive oil, Salt & pepper, garlic)

- **Mixed Salad**
- **Dessert: Dirt Cake (Chocolate cake with chocolate whipped topping)**

## **February 7: Fish and Chips**

- **Battered Fried Fish** (Tilapia fish fillet, Flour, Eggs, Olive oil, Salt & pepper, Soda water, Garlic)
- **Pan fried Tilapia**
- **Grilled Chicken Breast** (Chicken breast, olive oil, garlic, salt & pepper, paprika, Italian seasoning)
- **French Fries**
- **Homemade Tartar Sauce** (Mayonnaise, Dill, shallots, salt & pepper, garlic, lemon)
- **Vinegar Coleslaw** (Cabbage, carrots, red onions, Apple cider vinegar, Honey, Dijon mustard, Salt & pepper)
- **Mixed Salad**
- **Dessert: Carrot Cake**

## **February 14: Pork Tenderloin Medallions**

- **Pork Tenderloin** (Pork tenderloin, Olive oil, Salt & pepper, Garlic, Paprika, Honey, Lemon juice)
- **Smashed Potatoes** (Potatoes, Olive oil, Salt & pepper, Garlic, Chopped green onions)
- **Potato Chips**
- **Carrot and Apple Salad** (Apples, Carrots, Golden raisins, Black pepper, Lemon juice)
- **Mixed Salad**
- **Dessert: Strawberry Cups**

## **February 21: Beef Stroganoff & Egg Noodles**

- **Beef Stroganoff** (Beef, beef stock, Yellow Onions, Butter mushrooms, Garlic, Salt & pepper, Olive oil, Heavy cream, sour cream, Dijon mustard, Paprika)
- **Beef Stroganoff with no cream**
- **Egg Noodles + Gluten free noodles**

- **Peppers & Broccoli** (Peppers, Broccoli, Red onions, Olive oil, Garlic, Salt & pepper, Lemon juice, Parmesan)
- **Mixed Salad**
- **Dessert: Saltine Crack**

## **February 28: Chicken Pot Pie**

- **Chicken Pot Pie** (Chicken breast, Pie Crust, Onions, Carrots, Celery, Garlic, Olive oil, Salt & Pepper, Chicken Stock, Butter, Flour, Rosemary, Sage, Milk)
- **Sweet Carrots** (Baby Carrots, Honey, Butter, Brown Sugar)
- **Broccoli Salad** (Broccoli, red peppers, red onions, garlic, salt & pepper, olive oil, apple cider vinegar, Dijon mustard, bacon)
- **Dinner Rolls**
- **Mixed Salad**
- **Dessert: Cheesecake Cup**

## **March 6: Grilled Pork Shoulder Butt**

- **Grilled Pork Shoulder Butt** (Pork shoulder butt, Olive oil, Salt & Pepper, Garlic, Paprika)
- **Sweet potatoes** (Sweet potato, Salt & Pepper, Butter, Cinnamon, Nutmeg)
- **Green Beans with Bacon** (Green beans, Bacon, Salt & Pepper, Soy sauce)
- **Mixed Salad**
- **Dessert: Pear Cake**

## **March 20: Hamburgers and Tator Tots**

- **Beef Hamburger Patties** (Grilled Hamburger Patties, Lawry's seasoning, Garlic powder, Onion powder, Black pepper)
- **Bacon**
- **Fried onions** (Red onions, Salt & pepper, Garlic, Olive oil)
- **Tomatoes**
- **Iceberg lettuce**
- **Cheddar Cheese**
- **Green Peas & Bacon**

- **1001 Island Dressing** (Mayonnaise, Ketchup, Worcestershire sauce, Salt & pepper, Paprika, Lemon juice, Tabasco)
- **Tator tots**
- **Hamburger Buns**
- **Mixed Salad**
- **Dessert: Chocolate Chip Cookies**

## **March 27: Thai Chicken Curry**

- **Thai Chicken Curry** (Chicken breast, Thai curry red paste, red onion, Salt & pepper, Ginger, Garlic, Chicken Stock, Coconut milk, red pepper, green pepper, green beans, Carrots, Peanut Butter & Peanuts, Chili, Thai basil)
- **Thai Chicken Curry – Not spicy and no peanut** (Chicken breast, red onion, Salt & pepper, Ginger, Garlic, Chicken Stock, Coconut milk, red pepper, green pepper, green beans, Carrots, Thai basil)
- **Curry Garnish** (Limes, Coriander, Spring Onion)
- **Rice**
- **Spring rolls**
- **Papaya and Cabbage Salad** (Papaya, Red cabbage, Cherry tomato, Olive oil, Salt & pepper, Garlic, Lime, Toasted peanut, Chili, Fish sauce, Brown sugar, Coriander, Thai basil)
- **Mixed Salad**
- **Dessert: Orange Fluff**

## **April 3: Stuffed Pepper with Tomato Sauce**

- **Stuffed Peppers** (White peppers, Minced pork, Rice, Salt & pepper, Garlic, Olive oil, Marjoram, Paprika)
- **Tomato Sauce** (Onion, Olive oil, Salt & Pepper, Garlic, Tomatoes, Tomato puree)
- **Boiled Potatoes** (Boiled potatoes, Salt & pepper, Olive oil, Parsley)
- **Focaccia Bread**
- **Mixed Salad**
- **Dessert: Puff Pastry Cinamon Twist**

## **April 10: Beef Fajitas**

- **Beef** (Beef flank steak, onions, bell peppers, paprika, cumin, salt & pepper, oregano, garlic, lemon)
- **Refried beans** (Pinto beans, onions, salt & pepper, lard, garlic)
- **Salsa & Corn Chips** (Onions, bell peppers, onions, tomatoes, cilantro)
- **Spanish Rice** (Rice, garlic, salt & pepper, tomato cause, chicken bouillon, cilantro, cumin)
- **Tortillas** (Wheat & Corn)
- **Mixed Salad**
- **Dessert: Magic Cake**

## **April 17: Chili over Bakes Potatoes**

- **Chili** (Ground sausage and ground beef, Onion, Olive oil, Salt & pepper, Garlic, Paprika, Diced tomatoes, tomato paste, Beef stock, Corn, Kidney beans, Cumin)
- **Baked potatoes** (Potatoes, Salt & pepper, Butter, Shredded cheddar, Sour cream)
- **Oven Baked Grilled Vegetables** (Mini peppers, red onion, Zucchini, Cherry tomatoes, Olive oil, Salt & pepper, Garlic, Paprika)
- **Mixed Salad**
- **Dessert: Brownies**

## **April 24: Potato Pancakes with Chicken Paprikash**

- **Chicken Paprikash** (Chicken, Paprika, Salt & Pepper, Gallic, Olive oil, Chicken Stock, Onions, Corn Starch)
- **Potato Pancakes** (Grated potatoes, Garlic, Salt & Pepper, Flour, Sparkling water, Mayoran, Paprika, Olive oil)
- **Corn Salad** (Sweet corn, Bacon, Onion, Salt & Pepper, Olive oil, Garlic, Spring Onion)
- **Rice**
- **Mixed Salad**
- **Dessert: Chocolate Mousse**