

Nashoba Brooks Recipe Guide

Fan Favorite-Mac and Cheese

Pasta semolina, wheat, durum wheat flour, niacin, ferrous sulfate, thiamine mononitrate, folic acid-Cheese sauce: Cream, cheddar cheese, American cheese, butter, flour, salt, pepper, dry mustard

ALLERGENS: Gluten, Milk, Wheat

Alternate Entrée-Roasted Turkey Breast

Turkey breast, salt, pepper, garlic powder

ALLERGENS:

Soup-Beef Barley

Beef, beef stock, onion, celery, carrots, potatoes, salt, pepper, thyme, oregano, barley

ALLERGENS: Gluten, Wheat

Starch-Garlic Bread Stick

Wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, sea salt (salt, magnesium carbonate), enzymes, yeast, vitamin c, garlic, E

ALLERGENS: Gluten, Wheat

Vegetable-Steamed Broccoli

Olive oil, salt, pepper, broccoli

Composed Salad-Pasta Salad

Penne Pasta, cherry tomatoes, cucumbers, chick peas, arugula, parsley, mint, basil

ALLERGENS: Eggs, Gluten, Milk, Wheat

Always Available

Turkey and Cheese Sandwich

Ham and Cheese Sandwich

Cheese Sandwich

Sun butter and Jelly Sandwich

Sun butter & Jelly Sandwich

Ground

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Fan Favorite-Curry Chicken

Chicken breast, curry,

ALLERGENS: Gluten, Milk, Wheat

Alternate Entrée-Chicken Nuggets

White Boneless Chicken, Water, Vegetable Oil (canola Oil, Corn Oil, Soybean Oil, Hydrogenated Soybean Oil), Enriched Flour (bleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Bleached Wheat Flour, Yellow Corn Flour, Vegetable Starch (modified Corn, Wheat, Rice, Pea, Corn), Salt, Leavening (baking Soda, Sodium Aluminum Phosphate, Sodium Acid Pyrophosphate, Calcium Lactate, Monocalcium Phosphate), Spices, Yeast Extract, Lemon Juice Solids, Dextrose, Natural Flavors.

ALLERGENS: Gluten, Soy, Wheat

Soup-Vegetable Rice Soup

Olive oil, yellow onion, celery, carrot, vegetable broth, cornstarch, Italian parsley, dill, thyme, salt, pepper, rice

ALLERGENS: Gluten, Wheat

Starch-Basmati Rice

Basmati rice, olive oil, salt

ALLERGENS:

Vegetable-Roasted Vegetables

Carrots, turnip, parsnips, butternut squash, salt, black pepper, olive oil

Composed Salad-Caesar Salad

Romaine, red onion, croutons, parmesan cheese, Caesar dressing

ALLERGENS: Gluten, Milk, Egg, Wheat

Always Available

Turkey and Cheese Sandwich

Ham and Cheese Sandwich

Cheese Sandwich

Sun butter and Jelly Sandwich

Sun butter & Jelly Sandwich

Ground

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Fan Favorite-Beef Cheeseburger

Ground beef, salt, pepper, American yellow cheese, potato roll

ALLERGENS: Gluten, Milk, Wheat

Alternate Entrée-Black Bean Burger

Black beans (black beans, water), cooked brown rice (water, brown rice), onions, vegetable oil (corn, canola and/or sunflower), whole kernel corn, soy protein concentrate, onion powder, wheat gluten, egg whites, tomatoes, bulgur wheat, green chiles, calcium caseinate (milk), cornstarch. Contains 2% or less of tomato juice, spices, tomato powder, salt, garlic powder, natural flavor, soy sauce powder (soybeans, wheat, salt), jalapeno peppers, gum arabic, onion and carrot juice concentrate, citric acid, xanthan gum.

ALLERGENS: Gluten, Soy, Wheat

Soup-Chicken Noodle

Canola Oil, yellow onion, celery, carrot, chicken broth, chicken breast, cornstarch, Italian parsley, dill, thyme, salt, pepper, ditalini pasta

ALLERGENS: Gluten, Wheat

Starch-Sweet Potato Fries

Sweet potato, frying oil

ALLERGENS: Soy

Vegetable-Roasted Zucchini Fries

Zucchini

Composed Salad-Caprese Style Chicken Salad

Fresh mozzarella cheese, chicken breast, plum tomatoes, oregano, parsley, basil, garlic, salt, pepper, olive oil, sundried tomatoes, cannellini beans, Greek yogurt, lemon juice, red wine vinegar, red onion, baby spinach, arugula, granulated garlic

ALLERGENS: Gluten, Milk, Soy, Wheat

Always Available

Turkey and Cheese Sandwich

Ham and Cheese Sandwich

Cheese Sandwich

Sun butter and Jelly Sandwich

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Fan Favorite-Grilled Cheese

American cheese, whipped margarine, Texas toast

ALLERGENS: Gluten, Milk, Soy, Wheat

Alternate Entrée-Grilled Ham and Cheese

Ham, American cheese, whipped margarine, Texas toast

ALLERGENS: Gluten, Milk, Soy, Wheat

Soup-Sweet Potato Bisque

Canola Oil, yellow onions, celery, carrots, sweet potato, nutmeg, ginger, allspice, chicken broth, pumpkin, heavy cream

ALLERGENS: Milk

Starch-House made Chips

Ground

Vegetable-Crudite with Ranch

Celery sticks, carrot sticks, ranch dressing

ALLERGENS: Eggs, Milk, Mustard, Soy

Composed Salad-Fruit Salad

Pineapple, cantaloupe, honeydew, grapes

Always Available

Turkey and Cheese Sandwich

Ham and Cheese Sandwich

Cheese Sandwich

Sun butter & Jelly Sandwich