

EXAMPLE MENU

The following is an example one week menu prepared for a real Alaska Chefs 4 Hire customer. Each meal offers a well rounded mix of protein, carbs and nutrients and gives each worker a solid variety of choices that will be sure to please even the pickiest of eaters.

Each meal was prepared fresh and on site by an Alaska Chefs 4 Hire team

MONDAY

BREAKFAST

Cold bar: canned fruits, yogurt, granola, cereals, fresh fruits
Baked breads, etc.
Scrambled eggs
Scrambled eggs with ham
Pancakes with syrup and butter
Bacon
Sausage
Hashbrowns
Oatmeal

LUNCH

Salad bar: Fresh mixed salad, specialty salad, 18 salad crocks, 1 lemon crock
Split pea soup
Turkey ala king with Biscuits
Rice
Fettucini noodles
Veggie
Dessert or fruit

DINNER

Salad bar: Fresh mixed salad, specialty salad, 18 salad crocks, 1 lemon crock
Dinner rolls
Chicken noodle soup
Roast beef with brown gravy
Rice
Veggie
Mashed potatoes
Dessert

TUESDAY

BREAKFAST

Cold bar: canned fruits, yogurt, granola, cereals, fresh fruits
Baked breads, etc.
Cream of wheat
Chorizo and eggs
Flour tortillas
Scrambled eggs
Bacon
Sausage
Fried potatoes

LUNCH

Salad bar: Fresh mixed salad, specialty salad, 18 salad crocks, 1 lemon crock
Tuna salad
Salisbury steak with onions and mushrooms-chopped steaks, brown gravy
Ital sausage with peppers and onions and diced potatoes
Rice
Veggie
Roasted baby potatoes
Cookies

DINNER

Salad bar: Fresh mixed salad, specialty salad, tomatoes, cucumbers, carrots, croutons, cheese, 4 dressings, canned fruits, etc.
Soup-chicken tortilla soup
Chicken fajitas with flour tortillas
Chicken Enchiladas
Spanish rice
Refried beans
Veggie
Churros with vanilla ice cream

WEDNESDAY

BREAKFAST

Cold bar: Canned fruits, yogurt, granola, cereals, fresh fruits
Baked breads, etc.
Oatmeal
Scrambled eggs your choice
Fried eggs
Fresh Hashbrowns
Toasted English muffins
Bacon
Ham slices

LUNCH

Salad bar: Fresh mixed salad, specialty salad, 18 salad crocks, 1 lemon crock
Tuna salad
Salisbury steak with onions and mushrooms-chopped steaks, brown gravy
Ital sausage with peppers and onions and diced potatoes
Rice
Veggie
Roasted baby potatoes
Cookies

DINNER

Salad bar: Fresh mixed salad, specialty salad, tomatoes, cucumbers, carrots, croutons, cheese, 4 dressings, canned fruits, etc.
Soup-chicken tortilla soup
Chicken fajitas with flour tortillas
Chicken Enchiladas
Spanish rice
Refried beans
Veggie
Churros with vanilla ice cream

THURSDAY

BREAKFAST

Cold bar: Canned fruits, yogurt, granola, cereals, fresh fruits
Baked breads, etc.
Cream of wheat
Your choice of scrambled eggs
Scrambled eggs
Hash browns
Bacon
Sausage
Corned beef hash

LUNCH

Salad bar: Fresh mixed salad, specialty salad, 18 salad crocks, 1 lemon crock
Soup:Egg drop
Egg roll
Teriyaki chicken breast with pineapple and green onions
Fried rice
Veggie
Dessert and fortune cookies

DINNER

Salad bar: Fresh mixed salad, specialty salad, 18 salad crocks, 1 lemon crock
Soup: Turkey and rice
Bbq pork ribs
Roasted red potatoes cut in half
Rice
Veggie
Bread
Dessert

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FRIDAY

BREAKFAST

Cold bar: Canned fruits, yogurt, granola, cereals, fresh fruits
Baked breads etc
Oatmeal
Tater kickers
Scrambled eggs with salsa and cheese
Scrambled eggs
Bacon
Sausage
Quesadillas

LUNCH

Salad bar: Fresh mixed salad, specialty salad, 18 salad crocks, 1 lemon crock
Bacon cheese burgers and buns
Cheese tray, tomatoes, pickles, lettuce, onions, diced onions, relish
Hot dogs and buns
Fries
Veggie
Rice
Jello

DINNER

Salad bar: Fresh mixed salad, specialty salad, 18 salad crocks, 1 lemon crock
Clam chowder
Beef brisket au jus with horseradish sauce
Baked potato
Rice
Veggie
Dessert

SATURDAY

BREAKFAST

Cold bar: Canned fruits, yogurt, granola, cereals, fresh fruits
Baked breads, etc.
Cream of wheat
Biscuits and gravy
Fresh Potatoes
Fried eggs
Scrambled eggs
Bacon
Sausage

LUNCH

Salad bar: Fresh mixed salad, specialty salad, 18 salad crocks, 1 lemon crock
Soup: Beef noodle
Sweet and sour ham
Rice
Baked mac and cheese with chopped beef
Veggie
Dessert

DINNER

Salad bar: Fresh mixed salad, specialty salad, 18 salad crocks, 1 lemon crock
Soup
Roasted Chicken
Mashed potatoes with gravy
Rice
Veggie
Cornbread
Ranch beans
Chocolate cake

SUNDAY

BREAKFAST

Cold bar: Canned fruits, yogurt, granola, cereals, fresh fruits
Baked breads, etc
Oatmeal
French toast with syrup
Scrambled eggs with bacon, cheese and potatoes
Scrambled eggs
Bacon
Sausage
Fried potatoes

LUNCH

Soup: Tomato
Reubens: rye bread, corned beef, sauerkraut, swiss cheese, 1000 island dressing
Grilled cheese
Fries
Onion rings
Rice
Veggie
Dessert

DINNER

Salad bar: Fresh mixed salad, specialty salad, 18 salad crocks, 1 lemon crock
Soup: your choice
Roast turkey breast with gravy
Stuffing
Veggie
Rice
Sweet potatoes
Rolls
Dessert

