

## Sample Menus – Feed the Need Tampa Bay

### Sample Menu 1:

Chicken Noodle Soup with vegetables  
Grilled ground beef patties with mushroom & onion sauce  
Baked potato with butter and sour cream  
Green beans with peppers, onions and black beans  
One orange  
On Red velvet chocolate roll with cream cheese icing

### Sample Menu 2:

Salad with freshly made French dressing  
Roasted Chicken Leg quarter  
Whipped potatoes with chicken gravy  
Steamed baby carrots with caramelized onion, peppers, celery and herbs  
One banana  
Bowl of cookies

### Sample Menu 3:

Beef vegetable soup  
Baked snapper and crab wellington in puff pastry with creamy crabmeat sauce  
Pasta primavera with assorted vegetables  
Mixed vegetables with bacon and baby carrots  
One orange  
Key lime tart with spiced banana and lemon cream

### Sample Menu 4:

Chicken soup with pasta, vegetables, diced egg  
Chicken breast stuffed with ham and Swiss cheese on garlic toast with creamy mushroom sauce

Oven roasted potatoes  
Steamed green beans with onions and celery  
One banana  
One French toast with blueberry-cherry filling

Sample Menu 5:

Black bean soup with three cheese topping  
Breaded baked pork patties with tomato, onion & beef sauce; topped with cheese  
Tri-colored garlic buttered Rotini pasta  
Mixed vegetables with onions, celery, peppers & mushroom  
One apple  
Toasted Marshmallow chocolate bar

Sample Menu 6:

Mixed bean soup with pasta  
Sliced turkey breast with turkey gravy  
Cranberry-cherry relish on tables  
Cornbread stuffing  
Sweet corn and Lima beans with peppers and onions  
One banana  
Chocolate Swiss roll with chocolate sauce

Sample Menu 7:

Mixed salad with blue cheese dressing  
Spaghetti with all beef meatballs and sweet basil marinara sauce  
Mozzarella and Parmesan cheese topping  
2 slices of French garlic bread  
One Pear  
Bowl of cookies

Sample Menu 8:

Salad with honey Dijon dressing and garlic croutons

Double Cheeseburgers with bun (mustard & ketchup on tables)

French fried potatoes

Slices tomatoes and pickle chips

One orange

One peanut butter cookie bar

Sample Menu 9:

Vegetable soup

Roasted chicken legs (3)

Smoked lentils with vegetables rice pilaf

Steamed broccoli with caramelized onions and celery

One orange

Red velvet cake with cream cheese icing

Sample Menu 10:

Cream of tomato soup with rice and crumbled corn bread topping

Braised Salisbury Steaks with onion, pepper and mushroom sauce

Macaroni & cheese casserole with diced chicken & peppers

Steamed vegetable medley

One apple

Coconut cake with almond whipped cream