Breakfast

Scrambled eggs Bacon or sausage Hash browns

Pancakes or French toast Cinnamon apples Bacon

> Bacon and egg bake Triangle tators Sausage

Sausage gravy and biscuits Scrambled eggs

> Egg bake supreme Sausage Hash browns

Egg, sausage and cheese muffin Potato rounds

Baked oatmeal Cinnamon apples Bacon

Cinnamon rolls
Toast, bagels, English muffins
Fresh fruit
(Continental)

Scones
Fresh fruit, yogurt and granola
Hard boiled eggs
(Continental)

Menu Suggestions



Lunch

Chili and chicken noodle soup
Grilled cheese

Chicken strips
French fries or tator tots
Vegetable

Taco bar or nacho supreme Spanish rice Corn

> Sloppy Joes Mac and cheese Potato chips Peas

> Sub sandwiches Potato chips Fresh fruit

Tator tot casserole Green beans Bread/rolls Hamburgers, hot dogs, or brats Salads Baked beans

> Riblet sandwiches Potato salad Green beans

Breaded chicken sandwiches
French fries
Green beans

Mini corn dogs Mac and cheese Peas Potato chips

Pulled pork sandwiches Baked beans Coleslaw

Don't see something you like? Check out the other page for a full listing of available items. Contact the food service team at (507) 533-8126 or kitchen@ironwoodsprings.com to discuss options.

Dinner

Pasta Breadsticks California medley

Roast beef Mashed potatoes and gravy Carrots

Grilled chicken breast Rice pilaf Broccoli

Ham Scalloped potatoes Green beans

> Roast pork loin Baby potatoes Stuffing Green beans

BBQ ribs Potato salad Baked beans

Lasagna (meat or vegetable)
Breadsticks
California medley

Fried chicken
Mashed potatoes and gravy
Corn

Breakfast

Continental Breakfast \$6.00/person

Beverages included: coffee, tea, milk, juice

Choice of three items:

Cinnamon rolls

Scones

Muffins

Toast, bagels, English muffins

Cereal

Fresh fruit

Yogurt

Granola

Hard boiled eggs

Full Breakfast

\$8.00/person

Always included:

Beverages (coffee, tea, milk, juice)

Fresh fruit, yogurt and granola bar

Toast, bagels, English muffins

Cereal

Entrée choices:

Scrambled eggs

Pancakes

French toast

Egg bake (bacon or supreme)

Sausage gravy and biscuits

Egg, sausage and cheese muffin

Baked oatmeal

Side choices:

Bacon

Sausage

Hash browns

Triangle tators

Potato rounds

Cinnamon apples

Food Service Options

Lunch and Dinner

Lunch \$9.00/person Dinner \$11.00/person

Always included:

Beverages (coffee, tea, milk, juice)

Salad bar Cookie or bar

Entrée choices:

Soup (chili, chicken noodle, etc.)

Chicken strips
Nacho supreme
Sub sandwiches

Hamburgers, hot dogs or brats

Pizza

Mini corn dogs

Pasta bar

Baked salmon or cod filet

Ham

Roast pork loin

BBQ ribs

Roast beef (dinner only)

Chicken Kiev or chicken cordon bleu

Meatloaf

Lasagna (meat or vegetable)

Fried or grilled chicken Pulled pork sandwiches

Breaded chicken sandwiches

Riblet sandwiches

Tator tot casserole

Sloppy Joes Taco bar

Grilled cheese



Other Charges

Cookie assortment tray \$1.00/person Bar assortment tray \$2.00/person S'mores supplies \$2.00/person Cinnamon rolls \$3.00/roll Pie \$3.00/slice Nachos and cheese \$3.00/person Cheese, meat, and crackers \$5.00/person Veggies and dip \$5.00/person Fruit tray \$5.00/person

An additional \$1.00/person is charged to serve a meal outside of the dining hall.

Side choices:

Mashed potatoes and gravy

Rice pilaf or Spanish rice

Baby potatoes French fries

Vegetable (broccoli, corn, peas, green

beans, carrots, California medley)
Mac and cheese

Potato salad

Coleslaw

Fruit salad

Baked beans

Potato chips

Tator tots

Pasta salad

Stuffing

Scalloped or au gratin potatoes