I wonder what that is.

If you are a current meal participant, or someone who is looking at our menu and trying to decide if you should go to the meal site and have a meal, you may have noticed there are some menu items you are not necessarily familiar with. All of our meals are regulated by state standards for nutritional values and are coordinated with our Registered Dietitian Nutritionist (RDN) and the staff at the kitchen at UW-La Crosse where our food is prepared. In order to cover all the nutritional bases, and to provide a variety of food items, we need to be creative sometimes. Hopefully, after reading this, your questions will be answered and you may want to try something new in your diet. Here are some descriptions of the menu items that you may not be familiar with:

Arugula: A type of fresh green that is actually a member of the cabbage and mustard green family. This explains its signature peppery bite. Prized by chefs and home cooks alike.

Chicken Marsala: Chicken cutlets in a cream sauce with mushrooms

Chicken parmesan with Cavatappi Noodles: Cutlets with a marinara and parmesan cheese sauce served with corkscrew noodles

Chicken Piccata: Chicken breast in a sauce made of lemon, butter and spices with capers on top

Chimichanga: Deep fried burrito that is usually filled with rice, cheese beans and meat

Colcannon: Irish dish of mashed potatoes with cabbage

Cowboy Beans: A mixture of different beans including traditional baked beans and sometimes with ground beef or bacon added

Cowboy Caviar: Served as a dip with beans, tomatoes, peppers and onions

Eggrolls: Wheat flour skin filled with cabbage and meat and baked or deep fried

Hummus: Served as a dip, made with chickpeas, lemon juice and garlic

Italian Cheese Tortellini: Ring or navel shaped pasta

Kale: Kale is a green leafy, cruciferous vegetable (member of the cabbage family) that adds fiber and antioxidants to the diet

Lyonnaise Potatoes: Potatoes that are boiled, sliced and lightly fried usually with onions

Pesto Cream Sauce: A sauce usually made with fresh basil, garlic, crushed nuts, herbs and hard cheese

Pork Lo Mein: Pieces of pork with long noodles in a soy and sesame based sauce

Rainbow Chard: Fresh greens, milder than spinach, a mild, earthy, just slightly bitter taste

Spring rolls: Filled with minced vegetable, seafood, poultry or meat folded into a food wrapper from dough or rice paper that is rolled, then baked or deep fried.

Turkey Tetrazzini: A dish with turkey, spaghetti type noodles in a creamy mushroom and cheese sauce

Tuscan Chicken: Chicken in a garlic cream sauce which includes tomatoes and spinach

Our caterer at UW La Crosse and our RDN strive to provide nutritious and flavorful meals. Give something new a chance and you may find a new item to add to your list of foods you like and want to have again.