

### JANUARY SUNDAY SPECIALS 2023

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Below are the Sunday Specials for January served until 4 pm with a FREE Dessert. \$12.99 Flyers can be handed out to each guest or stapled to Togo bags during the week for maximum engagement.

January 1st Country Style Pot Roast Beer Battered Fish Roasted 1/2 Chicken & Stuffing January 8th Garlic Fried Shrimp Roasted Tom Turkey & Dressing Chopped Sirloin Steak & Grilled Onions January 15th Grilled or Blackened Haddock Chicken Fried Chicken Pulled Pork on Sweet Yeast Rolls

January 22nd

Chicken Fried Steak Chicken pot Pie Grilled or Blackened Shrimp Skewers

#### January 29th

Ham & Pineapple Sauce Southwest Chicken Grilled or Fried Haddock



### **FLYER & INSERT**

Available for purchase through TRICOR, please email your orders to the emails below. Tricor Customer Service: Tricor.CustomerSvc@tn.gov







#### SS COUNTRY STYLE BEEF POT ROAST

Amount	Ingredients
7 oz. (wt.)	Beef Pot Roast
4 oz. (wt.)	Vegetable in Gravy
3 oz. (wt.)	Sunday Vegetable

- 1. Cut pot roast from loin.
- 2. Place pot roast on 11 inch platter.
- 3. Ladle gravy and onions/carrots over pot roast.
- 4. Place side of Sunday vegetables on one side of the pot roast.
- 5. Place the guest's choice of side on the other side of the pot roast.

Note: If mashed potatoes is the chosen side, place the potatoes in the middle of the plate and layer the pot roast over the potatoes.



#### SS BEER BATTERED FISH

Amount	Ingredients
3 Strips	9 oz (Wt) Fish Fillet
as needed	Flour
as needed	Beer Battered
3 oz. (vol)	Sunday Vegetable
1.5 oz. (vol)	Tartar Sauce
1 Each	Lemon Wedge
1 Each	Kale Piece

- 1. Dredge fish fillets into flour.
- 2. Dip floured fillets into beer batter. Let excess drip off.
- 3. Float fillets into a 350°F fryer.
- 4. When the internal temperature reaches 145°F, remove from the oil.
- 5. Allow the fish to drain.
- 6. Place fish fillets on 11 inch platter.
- 7. Place side of Sunday vegetables on the plate.
- 8. Place tartar sauce, lemon and kale in middle of the plate.





#### SS ROASTED 1/2 CHICKEN WITH STUFFING

Amount	Ingredients
#10 Scoop	Stuffing
1 TSP. (vol)	Cody's Chicken & Seafood Seasoning
1 Each	1/2 Chicken
3 oz. (vol)	Sunday Vegetable
1.5 oz. (vol)	Chicken Gravy
1 Each	Kale Piece

- 1. Place chicken on a clean and oiled charbroiler and season.
- 2. Place stuffing in middle of 11 inch platter.
- 3. When chicken reaches an internal temperature of 165°F, remove from the charbroiler and place on top of stuffing.
- 4. Pour gravy over the chicken and stuffing.
- 5. Place Sunday vegetables on one side of the chicken/stuffing.
- 6. Place guest's choice of side on the other side of the chicken/stuffing.
- 7. Place wet nap and kale in middle of the plate.



#### SS ROASTED YOUNG TOM TURKEY WITH DRESSING

Amount	Ingredients
#10 Scoop	Stuffing
7 oz. (wt.)	Turkey
2 oz. (wt.)	Turkey Gravy
3 oz. (wt.)	Sunday Vegetable

- 1. Place stuffing in center of 11 inch platter.
- 2. Slice 1/4" thick pieces of turkey from breast.
- 3. Shingle turkey over the stuffing.
- 4. Ladle gravy over turkey and stuffing.
- 5. Place side of Sunday vegetables on the plate on one side of the turkey/stuffing.
- 6. Place guest's choice of side on other side of the turkey/stuffing.





### SS WILD CAUGHT ATLANTIC HADDOCK

Fried

Amount	Ingredients
1 each	9 oz (Wt) Haddock Fillet
as needed	Seafood Dry Breader
as needed	Seafood Wet Breader
as needed	Seafood Dry Breader
3 oz. (vol)	Sunday Vegetable
1 Each	Kale Piece
1 Each	Lemon Wedge
1.5 oz. (vol)	Tartar Sauce

1. Place haddock into the seafood dry breader, wet batter and dry breader again.

- 2. Place breaded haddock into the designated seafood fryer.
- 3. Cook until internal temperature reaches 145°F and remove when golden brown.
- 4. Place fish into a sav-a-day to drain.
- 5. Place fish onto an 11 inch oval plate.
- 6. Place Sunday vegetables on the plate.
- 7. Place lemon and a souffle cup of tarter sauce on the plate.



### SS WILD CAUGHT ATLANTIC HADDOCK

Grilled/Blackened

Amount	Ingredients
1 each	9 oz (Wt) Haddock Fillet
as needed	Seafood Breader
1 oz. (vol)	Cody's Garlic Butter (Melted)
1 TSP. (vol)	Cody's Chicken & Seafood Seasoning
as needed	Blackening Seasoning (Upon Request)
3 oz. (vol)	Sunday Vegetable
1 Each	Kale Piece
1 Each	Lemon Wedge
1.5 oz. (vol)	Pico de Gallo

- 1. Lightly dust the haddock fillet with flour.
- 2. Place haddock with melted butter and seasoning on the flat top.
- 3. Season haddock with blackening seasoning (upon guest request) on both sides.
- 4. Grill until 145°F and white in color.
- 5. Carefully remove from flat top and place onto an 11 inch platter.
- 6. Place Sunday vegetables on the plate.
- 7. Place lemon and a souffle cup of pico de gallo on the plate.
- Note: Grilled haddock is lightly dusted with the flour. Alternative methods include prepared in the oven or sauteed.







### SS ROADHOUSE CHOPPED STEAK, 100Z

Amount	Ingredients
1 Each	10 oz. (wt) Ground Beef Patty
as needed	Cody's Steak Seasoning
2 oz. (wt.)	Sauteed Onions
3 oz. (wt.)	Sunday Vegetable

- 1. Season one side of steak and place on clean flat top seasoned side down.
- 2. Season other side of steak.
- 3. Cook steak until requested temperature.
- 4. When properly cooked, place on an 11 inch platter.
- 5. Add sauteed onions to the top of the steak.
- 6. Place Sunday vegetables on the plate.
- Note: If wanting to make grill marks on the patty, remove from the flat top at one temperature prior to being done. Place on the charbroiler to make one set of grill marks. Rotate a quarter turn to establish a second grill mark set. Flip steak over to make grill marks on other side. Rotate a final quarter turn, while assuring proper doneness.
- Note: Evenly season the patty 'coast to coast' on each side.

#### SS CHICKEN FRIED CHICKEN

Amount	Ingredients
1 Each	8 oz (Wt) Single Cubed Chicken Breast
As needed	Chicken Dry Breader
As needed	Chicken Wet Bath
As needed	Chicken Dry Breader
2 Plus Oz. (vol)	White Gravy
3 oz. (wt.)	Sunday Vegetable

- 1. Place chicken breast into the dry-wet-dry mixes and completely coat.
- 2. Fry chicken at 350°F until golden brown and when its internal temperature reaches 165°F. Ensure breast is flipped while cooking.
- 3. Remove chicken with fry scoop and allow it to drain.
- 4. Place CFC on an 11 inch platter and cover with white gravy.

Note: If size of CFC is too large for the 11 inch oval, place on a 13 inch oval.





### SS PULLED PORK

Amount	Ingredients
2-4 oz. portions (wt.)	Pulled Pork
2 oz. (vol)	Cody's BBQ Sauce
1 Each	Cody's Yeast Roll
as needed	Cody's Garlic Butter (melted)
3 oz. (wt.)	Sunday Vegetable

- 1. Place 1 ounce BBQ sauce in each bag and heat.
- 2. Cut yeast roll in half, butter, and place on flat top.
- 3. Place roll on 11 inch platter.
- 4. Place pulled pork over roll.
- 5. Place side of Sunday vegetables on the plate on one side of the pulled pork.
- 6. Place guest's choice of side on other side of the pulled pork.



### SS CHICKEN FRIED STEAK

Amount	Ingredients
1 Each	8 oz (Wt) Single Cubed CFS
As needed	Chicken Wet Bath
As needed	Chicken Dry Breader
As needed	Chicken Wet Bath
As needed	Chicken Dry Breader
2 Plus Oz. (vol)	White Gravy
3 oz. (wt.)	Sunday Vegetable

- 1. Place CFS in wet- dry- wet- dry mixes.
- 2. Once evenly coated place in fryer.
- 3. Fry CFS at 350°F on one side then flip.
- 4. Cook until golden brown and internal temperature reaches 155°F
- 5. Remove steak with fry scoop and allow to drain.
- 6. Place CFS on an 11 inch platter, top with gravy to cover.

Note: If size of CFS is too large for the 11 inch platter, place on a 13 inch platter.

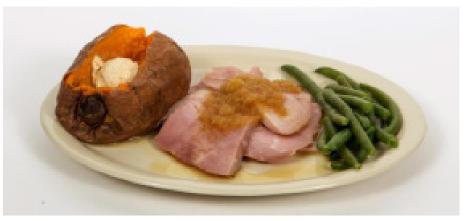




#### SS OLD FASHIONED CHICKEN POT PIE

Amount	Ingredients
8 oz. (wt.)	Chicken Pot Pie
1 Each	Pot Pie Filling

- 1. Fill a large casserole dish with hot pot pie filling.
- 2. Place baked pot pie topper on top of filling.
- **3.** Place casserole dish on a red and white checkered bev nap lined 11 inch platter.



#### SS BAKED SUGAR CURED HAM WITH PINEAPPLE SAUGE

Amount	Ingredients
7 oz. (wt.)	Ham
1 oz. (vol)	Pineapple Sauce
3 oz. (wt.)	Sunday Vegetable

- 1. Slice 1/4 inch thick pieces of ham from the loin.
- 2. Shingle the ham in the center on an 11 inch platter.
- 3. Ladle the pineapple sauce over the ham.
- 4. Place Sunday vegetables to one side of the ham.
- 5. Place guest's choice of side to the other side of the ham.





### SS GARLIC FRIED SHRIMP

Amount	Ingredients
8 Each	Shrimp (21/25 Count)
As needed	Seafood Dry Breader
As needed	Seafood Wet Bath
As needed	Seafood Dry Breader
2 Oz. (vol)	Cody's Garlic Butter (melted)
1 TBSP (vol)	Garlic Romano Seasoning
1 Each	Lemon Wedge
1 Each	Kale Piece

1. Dip shrimp in seafood breading, wet bath then seafood breading again.

- 2. Ensure a full and even coating.
- 3. Fry shrimp at 350°F unitl golden brown and it has reached an internal temperature of 145°F.
- 4. Remove from fryer and allow to drain.
- 5. Toss shrimp in garlic butter and sprinkle with garlic romano seasoning.
- 6. Place shrimp on an 11 inch platter.
- 7. Garnish plate with kale and a lemon wedge.



### SS GRILLED OR BLACKENED SHRIMP SKEWERS

Amount	Ingredients
2 Each	Shrimp Skewers (4-21/25 Shrimp on each)
1 Oz. (vol)	Cody's Garlic Butter (melted)
1 TSP (vol)	Cody's Chicken & Seafood Seasoning
3 oz. (vol)	Yellow Rice
1.5 oz. (vol)	Cocktail Sauce
1 Each	Lemon Wedge
1 Each	Kale Piece

- 1. Place shrimp skewers with garlic butter and seasoning on flat top.
- 2. Allow shrimp to cook for 2-3 minutes on one side.
- 3. Turn and allow to cook on the presentation side until 145°F.
- 4. Before removing from the grill sprinkle both sides with more seasoning.
- 5. Place rice on an 11 inch platter and place shrimp on top of rice.
- 6. Garnish plate with kale, lemon wedge and souffle cup of cocktail sauce.





### **EB GRILLED SOUTHWEST CHICKEN**

Amount	Ingredients
8 oz. (wt.)	Marinated Chicken Breast
1 TSP. (vol)	Cody's Chicken & Seafood Seasoning
1 oz.	Cody's BBQ Sauce
2 Strips	Bacon
2 Oz. (vol)	Pico De Gallo
2 Oz. (vol)	Shredded Cheddar Jack Cheese Blend

1. Place chicken breast on a clean and oiled charbroiler and season.

2. Thoroughly cook the chicken until 165°F and juices run clear.

3. When ready, baste chicken with BBQ sauce.

4. Remove from charbroiler, place breast on a plate, top with bacon, pico de gallo and cheese.

5. Place plate in melter.

6. When cheese is melted, remove from melter and transfer to an 11 inch platter.

