



P.O. Box 901 • Perkins, OK 74059 • 405-547-5581
Sugar and Spice LLC • FEI: 01-0976583

LUNCH SPECIAL

Choice of casserole

-listed below -

Fresh garden salad

*romaine, iceberg, red cabbage, red onion, carrots, cucumbers, cherry tomatoes
with your choice of our freshly made salad dressings: ranch, Italian, raspberry vinaigrette*

Rolls

our famous Hello fresh baked crescents

Dessert

Brownies - Bars - Cakes - Cookies . . .

Poppyseed Chicken Casserole: Chicken breast, rice, in a cream sauce baked with a crumb top. *Very popular

Chicken Spaghetti Casserole: Chicken breast, spaghetti noodles, white cream sauce baked with a crumb top.

Chicken Enchilada Casserole: Chicken breast, mild chilis, flour tortillas, white sauce, topped with cheese.

Burrito Pie Casserole: Ground beef, refried beans, olives, layered with tortillas and cheese

Steak Stroganoff: Steak tips with mushrooms and onions cover parsley topped pasta - not your typical stroganoff - beef consommé lends this dish a very sophisticated flavor

King Ranch Chicken: Chicken breast, green bell peppers, tomatoes, chilies, corn tortillas, cheese

Moroccan Chicken Casserole: Chicken with onion, carrots and fire roasted tomatoes, seasoned cilantro and cumin, baked with a flaky crust on top

Tuna Broccoli Casserole with penne pasta, mushrooms, broccoli

Southwestern Beef Casserole - pasta, peppers, topped with cheeses and baked - its a little spicy

Pasagna: pasta mixed with our made from scratch meat sauce, topped with mozzarella & baked

Bacon-Cheeseburger Potato Casserole: kind of like a sheperds pie - similar

Quiches:

Spinach Artichoke Quiche ♦ Asparagus Tomato Quiche ♦ Broccoli Ham Quiche ♦ Chile Rellenos Quiche ♦ Chile Corn Quiche ♦ Beef & Zuchini Quiche

****Lasagna:** Layers of our made from scratch meat (Italian sausage and ground beef) sauce, lasagna noodles, cheeses - baked to perfection.

****Chicken Lasagna:** Layers of made from scratch white sauce, bite size chicken breast, lasagna noodles, cheeses.

***1.50 more per person for lasagna*