




# Blue Ribbon Bistro Lunch Menu

14 November–11 December 2021  
Offered in **Nutrition Classroom Mon-Fri**



Sun	Mon	Tues	Wed 	Thu	Fri	Sat
14 <u>Available in Grab N Go</u> Chicken a la King \$1.50  Swedish Meatballs \$1.50 Egg Noodles \$0.50 Lyonnaise Green Beans \$0.65 Baby Carrots \$0.65 Hawaiian Roll \$0.30	15 Baked Spaghetti \$1.90 Baked Chicken \$2.15  Garlic Crusted Cod \$3.30 Mashed Potatoes \$0.50 Gravy \$0.10 Green Beans \$0.65 Peas & Mushrooms \$0.65 Garlic Bread \$0.30	16 Chicken Vega \$2.45 Lemon Baked Tilapia \$1.95  Beef Brisket w/ Chimichurri Sauce \$2.95 Zucchini & Squash \$0.65 Rice Pilaf w/ Orzo \$0.50 Swt Potato Wedges \$0.50 Hawaiian Roll \$0.30  Jalapeno Cornbread \$0.30	17 (Thanksgiving Staff Meal) <b>\$9.55/meal – Standard</b> \$7.10/meal – Discount (E1-4) Portobello Mushroom w/ Lentil & Cranberry Stuffing Roast Turkey w/ Gravy Glazed Ham Prime Rib w/ Au Jus Cornbread Stuffing Candied Yams Garlic Mashed Potatoes Brussel Sprouts w/ Bacon & Sweet Potato Hash Seasoned Greens Glazed Baby Carrots	18 Turkey Scaloppini \$2.45 Beef Stroganoff \$1.65  Chicken Cordon Bleu \$3.30 Egg Noodles \$0.50 Garlic Mashed \$0.50 Gravy \$0.10 Asparagus \$0.65 Baby Carrots \$0.65  Ched. Biscuits \$0.30	19 BBQ Pork Ribs \$3.25 Oven Fried Catfish \$3.35  Chicken Primavera \$2.10 Mac & Cheese \$0.60 Seasoned Greens \$0.65 Bowtie Pasta \$0.50 Corn on the Cob \$0.65 Steamed Green Beans  \$0.65 Cornbread \$0.30	20 <u>Available in Grab N Go</u> Beef Stir Fry \$3.30  5 Spice Chicken \$2.15 Fried Rice \$0.50 Mashed Potatoes \$0.50 Pacific Rim \$0.65 Sesame Green Beans  \$0.65
21 <u>Available in Grab N Go</u> Chicken Alfredo \$2.00 Linguine Noodles \$0.50 Malibu Veggie Blend \$0.65 Steamed Broccoli \$0.65 Garlic Bread \$0.30	22 Beef Lasagna \$2.25 Spinach Lasagna \$1.70 Chicken Piccata \$2.95 Lemon Herb Orzo \$0.50 Parsley Potatoes \$0.50 Ratatouille \$0.65 Garlic Asparagus \$0.65 Garlic Bread \$0.30	23 Turkey Enchilada Casserole \$2.15 Coconut Tilapia \$2.90 Chicken Adobo \$1.20 Roasted Potatoes \$0.50 Beans & Rice \$0.50 Sautéed Kale \$0.65 Corn Hacienda \$0.65 White Roll \$0.30	24 Garlic Crusted Cod \$3.30 Savory Baked Chicken \$2.30 Braised Pork Chops \$2.15 Scalloped Potatoes \$0.50 Wild Rice \$0.50 Dill Squash \$0.65 Sautéed Brussel Sprouts \$0.65	25 (Holiday-DFAC Closed) <u>Available in Grab N Go</u> Roast Turkey w/ Gravy Glazed Ham Cornbread Stuffing Candied Yams Garlic Mashed Potatoes Seasoned Greens Glazed Baby Carrots	26 (Training Holiday) <u>Available in Grab N Go</u> Oven Fried Chicken \$2.25 Jambalaya \$3.15 Baked Mahi w/ Mango Salsa \$4.85 Rice Pilaf \$0.50 Garlic Mashed Potatoes \$0.50 Steamed Broccoli \$0.65 Carrots \$0.65	27 <u>Available in Grab N Go</u> Potato Crusted Cod \$3.45 Braised Beef Cubes \$2.55 Garlic Mash Potatoes \$0.50 Gravy \$0.10 Wild Rice \$0.50 Sautéed Asparagus \$0.65 Normandy Veggie Blend \$0.65
28 <u>Available in Grab N Go</u> Salisbury Steak \$1.60 Baked Beans \$0.50 Roasted Potatoes \$0.50 Seasoned Greens \$0.65 New Brunswick Veg \$0.65 Wheat Roll \$0.30	29 Shrimp Scampi \$3.45 Chicken Parmesan \$2.10 Stuffed Peppers \$2.10 Linguini \$0.50 Couscous \$0.60 Green Beans \$0.65 Peas & Carrots \$0.65 Garlic Bread \$0.30	30 Jerk Chicken \$2.65 Baja Baked Cod \$2.50 Carib. Beef Curry \$2.25 Black beans a la Olla \$0.50 Steamed Rice \$0.50 Sautéed Cabbage \$0.65 Yellow Squash \$0.65 Hawaiian Roll \$0.30 Jalapeno Cornbread \$0.30	01 Beef Meatloaf \$2.05 Seared Salmon w/ Avocado Salsa \$4.55 Spinach Lasagna \$1.70 Roasted Potatoes \$0.50 Rice Pilaf w/ Orzo \$0.50 Peas & Pearl Onions \$0.65 Normandy Veg \$0.65 Cheddar Biscuits \$0.30	02 Asian BBQ Chicken \$2.05 Thai Chili Meatballs \$2.25 Tofu Stir Fry \$1.80 Egg Noodles \$0.50 Steamed Rice \$0.50 Bermuda Veg \$0.65 Teriyaki Broccoli \$0.65	03 BBQ Chicken \$2.35 Smothered Pork Chops \$1.80 Pan Seared Mahi w/ Red Pepper Coulis \$5.55 Beans \$0.50, Rice \$0.50 Seasoned Greens \$0.65 N. Brunswick Veg \$0.65 Cornbread \$0.30	04 <u>Available in Grab N Go</u> Spaghetti w/ Meat Sauce \$1.60 Greek Chicken \$2.30 Mashed Potatoes \$0.50 Gravy \$0.10 Steamed Broccoli \$0.65 Italian Veg \$0.65 Garlic Bread \$0.30
05 <u>Available in Grab N Go</u> Chicken a la King \$1.50 Swedish Meatballs \$1.50 Egg Noodles \$0.50 Lyonnaise Green Beans \$0.65 Baby Carrots \$0.65 Hawaiian Roll \$0.30	06 Baked Spaghetti \$1.90 Baked Chicken \$2.15 Garlic Crusted Cod \$3.30 Mashed Potatoes \$0.50 Gravy \$0.10 Green Beans \$0.65 Peas & Mushrooms \$0.65 Garlic Bread \$0.30	07 Chicken Vega \$2.45 Lemon Baked Tilapia \$1.95 Beef Brisket w/ Chimichurri Sauce \$2.95 Zucchini & Squash \$0.65 Rice Pilaf w/ Orzo \$0.50 Swt Potato Wedges \$0.50 Hawaiian Roll \$0.30	08 Curry Chicken \$1.65 Shrimp & Grits \$3.65 Braised Pork Chops \$2.15 Brown Rice \$0.50 Coconut Rice & Black Beans \$0.50 Pacific Rim Veg \$0.65 Fresh Green Beans \$0.65	09 Turkey Scaloppini \$2.45 Beef Stroganoff \$1.65 Chicken Cordon Bleu \$3.30 Egg Noodles \$0.50 Garlic Mashed \$0.50 Gravy \$0.10 Asparagus \$0.65 Baby Carrots \$0.65	10 BBQ Pork Ribs \$3.25 Oven Fried Catfish \$3.35 Chicken Primavera \$2.10 Mac & Cheese \$0.60 Seasoned Greens \$0.65 Bowtie Pasta \$0.50 Corn on the Cob \$0.65 Steamed Green Beans	11 <u>Available in Grab N Go</u> Beef Stir Fry \$3.30 5 Spice Chicken \$2.15 Fried Rice \$0.50 Mashed Potatoes \$0.50 Pacific Rim \$0.65 Sesame Green Beans



# Blue Ribbon Bistro Dinner Menu

14 November – 11 December 2021

Offered in **Grab N Go** 7 Days/Week



Sun	Mon	Tue	Wed	Thu	Fri	Sat
14 Grilled Chicken Sandwich \$1.45 Brown Rice \$0.50 Roasted Sweet Potatoes \$0.50 Broccoli \$0.65	15 Stuffed Peppers w/ Ground Turkey \$1.60 Italian Pork Chop \$1.10 Parsley Potatoes \$0.50 Tuscany Veg \$0.65 Garlic Asparagus \$0.65	16 Pineapple Chicken \$2.35 Baked Tuna w/ Noodles \$2.55 Black Beans a la Olla \$0.50 Steamed Rice \$0.50 Green Beans \$0.65 Fiesta Corn \$0.65	17 Lemon Herb Tilapia \$2.15 Braised Beef Cubes \$2.55 Scalloped Potatoes \$0.50 Wild Rice \$0.50 Sautéed Green Beans \$0.65	18 Szechwan Chicken \$2.15 Beef & Broccoli Stir Fry \$3.45 Jasmine Rice \$0.50 Fried Rice \$0.50 Mandarin Veg \$0.65	19 Salisbury Steak \$1.60 Oven Fried Chicken \$2.25 Baked Beans \$0.50 Roasted Red Potatoes \$0.50 Seasoned Greens \$0.65 Carrots \$0.65	20 Grilled Pork Chop \$1.00 Swiss Steak \$2.70 Whole Grain Roll \$0.30 Mashed Potatoes \$0.50 Brown Rice \$0.50 Succotash \$0.65 Sliced Carrots \$0.65
21 Salisbury Beef Steak \$1.10 Pineapple Chicken \$2.35 Sweet Potato Wedges \$0.50 Zucchini \$0.65 Steamed Rice \$0.50 Fiesta Corn \$0.65	22 Greek Chicken \$2.30 Baked Turkey & Noodles \$3.05 Mashed Potatoes \$0.50 Gravy \$0.10 Steamed Broccoli \$0.65 Italian Veg \$0.65 Garlic Bread \$0.30	23 Texas Turkey Hash \$1.25 Spicy Garlic Lime Chicken \$1.90 Sweet Potato Wedges \$0.50 Sautéed Cabbage \$0.65 Carrots \$0.65	24 Chicken a la King \$1.50 Swedish Meatballs \$1.50 Egg Noodles \$0.50 Lyonnais Green Beans \$0.65 Sliced Carrots \$0.65	25 Asian BBQ Turkey \$3.10 Beef Yakisoba \$2.35 Steamed Rice \$0.50 Bermuda Veg \$0.65 Teriyaki Broccoli \$0.65	26 Oven Fried Pork Chop \$1.80 Beef Pepper Steak \$4.05 Macaroni & Cheese \$0.60 Steamed Rice \$0.50 Sautéed Cabbage \$0.65 Okra & Tomatoes \$0.65	27 Chicken Curry \$1.65 Honey Garlic Pork Chops \$1.15 Brown Rice \$0.50 Steamed Carrots \$0.65 Pacific Rim Veggie Blend \$0.65
28 Asian BBQ Chicken Breast \$2.05 Mongolian Beef \$1.45 Sesame Lemon Green Beans \$0.65 Mandarin Stir Fry Vegetables \$0.65 Jasmine Rice \$0.50 Fried Rice \$0.50 Short Order Grill	29 Chick Cacciatore \$2.35 Spinach Ravioli w/ Cheese \$2.75 Fettuccini \$0.60 Garlic Herb Mash Potatoes \$0.50 Spinach \$0.65 Carrots \$0.65	30 Chicken Adobo \$1.20 Wild Rice \$0.50 Steamed Rice \$0.50 Sautéed Kale \$0.65 Oven Fried Cauliflower \$0.65	01 5 Spice Chicken \$2.15 Rosemary Garlic Pork Loin \$1.40 Rice Pilaf w/ Orzo \$0.50 Mashed Potatoes \$0.50 Gravy \$0.10 Yellow Squash \$0.65 Sautéed Brussel Sprouts \$0.65	02 Beef Stir Fry \$3.30 Cajun Pork \$ 1.20 Lo Mein Noodles \$0.50 Steamed Rice \$0.50 Pacific Rim Veg \$0.65 Sesame Green Beans \$0.65	03 Swiss Steak w/ Gravy \$3.15 Chicken Cordon Bleu \$3.55 Brown Rice \$0.50 Mashed Potatoes \$0.50 Gravy \$0.10 Broccoli \$0.65 Carrots \$0.65	04 Beef Pepper Steak \$2.20 Oven Fried Pork Chop \$1.10 Mashed Potatoes \$0.50 Steamed Rice \$0.50 Hopping John \$0.50 Tomatoes & Okra \$0.65 Sautéed Cabbage \$0.65
05 Grilled Chicken Sandwich \$1.45 Brown Rice \$0.50 Roasted Sweet Potatoes \$0.50 Broccoli \$0.65	06 Stuffed Peppers w/ Ground Turkey \$1.60 Italian Pork Chop \$1.10 Parsley Potatoes \$0.50 Tuscany Veg \$0.65 Garlic Asparagus \$0.65	07 Pineapple Chicken \$2.35 Baked Tuna w/ Noodles \$2.55 Black Beans a la Olla \$0.50 Steamed Rice \$0.50 Green Beans \$0.65 Fiesta Corn \$0.65	08 Lemon Herb Tilapia \$2.15 Braised Beef Cubes \$2.55 Scalloped Potatoes \$0.50 Wild Rice \$0.50 Sautéed Green Beans \$0.65	09 Szechwan Chicken \$2.15 Beef & Broccoli Stir Fry \$3.45 Jasmine Rice \$0.50 Fried Rice \$0.50 Mandarin Veg \$0.65	10 Salisbury Steak \$1.60 Oven Fried Chicken \$2.25 Baked Beans \$0.50 Roasted Red Potatoes \$0.50 Seasoned Greens \$0.65 Carrots \$0.65	11 Grilled Pork Chop \$1.00 Swiss Steak \$2.70 Whole Grain Roll \$0.30 Mashed Potatoes \$0.50 Brown Rice \$0.50 Succotash \$0.65 Sliced Carrots \$0.65