

BLUE RIBBON BISTRO MENU



BREAKFAST ■ = Eat Often ■ = Eat Occasionally ■ = Eat Rarely

	SUN	MON	TUES	WED	THURS	FRI	SAT
Eggs & Meat	<ul style="list-style-type: none"> ■ Assorted Eggs ■ Bacon ■ Pork Sausage 	<ul style="list-style-type: none"> ■ Grilled Chicken Breast ■ Assorted Eggs ■ Chicken Sausage ■ Sausage Gravy ■ Bacon ■ Pork Sausage 	<ul style="list-style-type: none"> ■ Turkey TX Hash ■ Creamed Ground Turkey ■ Assorted Eggs ■ Turkey Bacon ■ Bacon ■ Pork Sausage Links 	<ul style="list-style-type: none"> ■ Grilled Chicken Breast ■ Assorted Eggs ■ Chicken Sausage ■ Sausage Gravy ■ Bacon ■ Country Ham 	<ul style="list-style-type: none"> ■ Creamed Ground Turkey ■ Assorted Eggs ■ Turkey Sausage ■ Corned Beef Hash ■ Bacon ■ Pork Sausage 	<ul style="list-style-type: none"> ■ Grilled Chicken Breast ■ Assorted Eggs ■ Chicken Sausage ■ Sausage Gravy ■ Bacon ■ Pork Sausage 	<ul style="list-style-type: none"> ■ Assorted Eggs ■ Bacon ■ Pork Sausage
Starches & Sides	<ul style="list-style-type: none"> ■ Fresh Fruit ■ Hash Brown ■ Biscuit 	<ul style="list-style-type: none"> ■ Fresh Fruit ■ Assorted Veg. ■ Home Fried Potatoes ■ Biscuit ■ Ham, Egg & Cheese Croissant 	<ul style="list-style-type: none"> ■ Fresh Fruit ■ Assorted Veg. ■ Breakfast Taco ■ Home Fried Potatoes ■ Biscuit 	<ul style="list-style-type: none"> ■ Fresh Fruit ■ Assorted Veg. ■ Home Fried Potatoes ■ Biscuit ■ French Toast 	<ul style="list-style-type: none"> ■ Fresh Fruit ■ Assorted Veg. ■ Hash Brown ■ Biscuit ■ Cinnamon Roll 	<ul style="list-style-type: none"> ■ Fresh Fruit ■ Assorted Veg. ■ Home Fried Potatoes ■ Biscuit ■ Apple Turnover 	<ul style="list-style-type: none"> ■ Fresh Fruit ■ Hash Brown ■ Biscuit

PERFORMANCE BAR

OPEN MON-FRI FOR BREAKFAST & LUNCH • CLOSED ON HOLIDAYS & WEEKENDS

Breakfast	Breakfast Parfait Bar includes yogurts & assorted toppings
Lunch	Salad Bar: assorted leafy greens, vegetables, toppings, & dressings

SHORT ORDER GRILL

Breakfast	Made to Order Eggs & Omelets Egg substitute available upon request
Lunch & Dinner	<ul style="list-style-type: none"> <li style="width: 50%;">■ Veggie Burger <li style="width: 50%;">■ Grilled Chicken Sandwich <li style="width: 50%;">■ Grilled Cheese <li style="width: 50%;">■ French Fries <li style="width: 50%;">■ Turkey Burger <li style="width: 50%;">■ Hamburger <li style="width: 50%;">■ Grilled Ham & Cheese <li style="width: 50%;">■ Sweet Potato Fries (Fries available at lunch Mon.-Friday) <li style="width: 50%;">■ Salmon Burger <li style="width: 50%;">■ Cheeseburger <li style="width: 50%;">■ Hot Dog

GRAB N GO

Assorted Sandwiches & Wraps Specialty Salads	Assorted Small Bites & Yogurts Fresh Fruit Cups	Hummus & Guacamole Cups Chips & Pretzels	Fresh Baked Cookies Assorted Beverages
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Menu item & prices subject to change based on item availability.

BLUE RIBBON BISTRO MENU



WEEK 1

■ = Eat Often ■ = Eat Occasionally ■ = Eat Rarely

	SUN	MON	TUES	WED	THURS	FRI	SAT
	1 DEC	2 DEC	3 DEC	4 DEC	5 DEC	6 DEC	7 DEC

LUNCH

	SUN	MON	TUES	WED	THURS	FRI	SAT
	1 DEC	2 DEC	3 DEC	4 DEC	5 DEC	6 DEC	7 DEC
Entrée	<ul style="list-style-type: none"> ■ Oven Fried Pork Chop (314 kcals, 24 g Pro, 17 g Fat, 14 g CHO) ■ BBQ Chicken (467 kcals, 28 g Pro, 28 g Fat, 28 g CHO) 	<ul style="list-style-type: none"> ■ Cheese Tortellini (302 kcals, 12 g Pro, 6 g Fat, 50 g CHO) ■ Chicken Scallopini (326 kcals, 36 g Pro, 15 g Fat, 14 g CHO) ■ Shrimp Alfredo (610 kcals, 26 g Pro, 35 g Fat, 47 g CHO) 	<ul style="list-style-type: none"> ■ Stuffed Bell Peppers (313 kcals, 22 g Pro, 10 g Fat, 35 g CHO) ■ Mexican Chicken Qtr. (361 kcals, 26 g Pro, 28 g Fat, 2 g CHO) ■ Pork Carnitas (744 kcals, 31 g Pro, 56 g Fat, 23 g CHO) 	<ul style="list-style-type: none"> ■ Lemon Butter Tilapia (140 kcals, 24 g Pro, 5 g Fat, <1 g CHO) ■ Chicken Pot Pie (415 kcals, 21 g Pro, 17 g Fat, 42 g CHO) ■ Shrimp & Cheesy Grits (444 kcals, 17 g Pro, 26 g Fat, 28 g CHO) ■ Smothered Pork Chop (356 kcals, 23 g Pro, 21 g Fat, 18 g CHO) 	<ul style="list-style-type: none"> ■ Kung Pao Chicken (302 kcals, 42 g Pro, 8 g Fat, 14 g CHO) ■ Mongolian Beef (203 kcals, 21 g Pro, 9 g Fat, 9 g CHO) ■ Ginger Butter Fish (244 kcals, 25 g Pro, 15 g Fat, 1 g CHO) 	<ul style="list-style-type: none"> ■ Cajun Crusted Catfish (325 kcals, 37 g Pro, 9 g Fat, 23 g CHO) ■ Turkey & Noodle Bake (546 kcals, 37 g Pro, 25 g Fat, 46 g CHO) ■ Beef Pot Roast (360 kcals, 28 g Pro, 26 g Fat, 4 g CHO) 	<ul style="list-style-type: none"> ■ Chicken Alfredo (375 kcals, 23 g Pro, 14 g Fat, 40 g CHO) ■ Glazed Meatloaf (314 kcals, 33 g Pro, 11 g Fat, 18 g CHO)
Starches, Sides & Soup	<ul style="list-style-type: none"> ■ Collard Greens ■ Roasted Baby Carrots ■ Oven Roasted Potato ■ Rice Pilaf 	<ul style="list-style-type: none"> ■ Roasted Broccoli ■ Sauteed Zucchini ■ Parsley Potatoes ■ Herbed Brown Rice ■ Minestrone Soup 	<ul style="list-style-type: none"> ■ Fresh Green Beans ■ Mexican Corn ■ Paprika Potatoes ■ Jalapeno Brown Rice ■ Chicken Tortilla Soup 	<ul style="list-style-type: none"> ■ Roasted Baby Carrots ■ Sauteed Asparagus ■ Steamed Rice ■ Baked Mac & Cheese ■ Chicken Noodle Soup 	<ul style="list-style-type: none"> ■ Sesame Green Beans ■ Teriyaki Broccoli ■ Asian Stir-Fry Noodles ■ Egg Rolls ■ Mulligatawny Soup 	<ul style="list-style-type: none"> ■ Brussel Sprouts ■ Baby Carrots w/Thyme ■ Rice Pilaf ■ Garlic Mashed Potatoes ■ Vegetable Beef Soup 	<ul style="list-style-type: none"> ■ Herbed Green Beans ■ Roasted Asparagus ■ Parsley Potatoes ■ Hawaiian Roll

DINNER

	SUN	MON	TUES	WED	THURS	FRI	SAT
	1 DEC	2 DEC	3 DEC	4 DEC	5 DEC	6 DEC	7 DEC
Entrée	<ul style="list-style-type: none"> ■ Lemon Baked Cod (155 kcals, 30 g Pro, 4 g Fat, <1 g CHO) ■ Savory Baked Chicken (537 kcals, 28 g Pro, 46 g Fat, 1 g CHO) 	<ul style="list-style-type: none"> ■ Beef Chili Mac (349 kcals, 25 g Pro, 10 g Fat, 42 g CHO) ■ Chicken Tacos (435 kcals, 32 g Pro, 18 g Fat, 34 g CHO) 	<ul style="list-style-type: none"> ■ Spaghetti w/ Meat Sauce (452 kcals, 29 g Pro, 12 g Fat, 56 g CHO) ■ Chicken Piccata (413 kcals, 43 g Pro, 21 g Fat, 13 g CHO) 	<ul style="list-style-type: none"> ■ Roast Turkey (160 kcals, 36 g Pro, 1.5 g Fat, 0 g CHO) ■ Chicken Vega (620 kcals, 34 g Pro, 33 g Fat, 45 g CHO) 	<ul style="list-style-type: none"> ■ Salmon w/ Summer Salsa (292 kcals, 45 g Pro, 11 g Fat, 2 g CHO) ■ Salisbury Steak (254 kcals, 18 g Pro, 16 g Fat, 11 g CHO) 	<ul style="list-style-type: none"> ■ Beef & Broccoli (229 kcals, 20 g Pro, 8 g Fat, 21 g CHO) ■ Chinese 5 Spice Chicken (361 kcals, 27 g Pro, 27 g Fat, 2 g CHO) 	<ul style="list-style-type: none"> ■ Beef Yakisoba (394 kcals, 36 g Pro, 10 g Fat, 38 g CHO) ■ Asian BBQ Chicken (305 kcals, 35 g Pro, 11 g Fat, 16 g CHO)
Starches & Sides	<ul style="list-style-type: none"> ■ Peas & Carrots ■ Sauteed Zucchini ■ Roasted Potatoes ■ Sweet Potato Wedges 	<ul style="list-style-type: none"> ■ Steamed Broccoli ■ Sauteed Asparagus ■ Refried Beans ■ Mexican Brown Rice 	<ul style="list-style-type: none"> ■ Herbed Green Beans ■ Garlic Roasted Broccoli ■ Bowtie Pasta ■ Garlic Mashed Potatoes 	<ul style="list-style-type: none"> ■ Roast Summer Squash ■ Herbed Green Beans ■ Potato Wedges ■ Hawaiian Roll 	<ul style="list-style-type: none"> ■ Peas & Carrots ■ Collard Greens ■ Wild Rice ■ Roasted Potatoes 	<ul style="list-style-type: none"> ■ Mandarin Veg. Stir Fry ■ Brown Rice ■ Teriyaki Sweet Potatoes ■ Ginger Glazed Carrots 	<ul style="list-style-type: none"> ■ Mandarin Vegetable ■ Brown Rice ■ Ginger Carrots

BLUE RIBBON BISTRO MENU



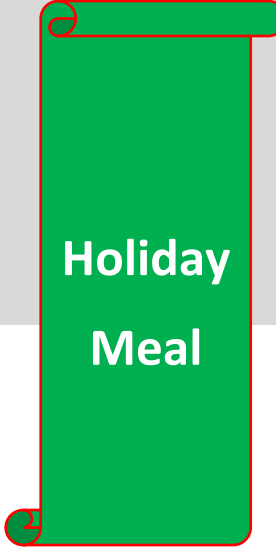
WEEK 2

■ = Eat Often ■ = Eat Occasionally ■ = Eat Rarely

	SUN	MON	TUES	WED	THURS	FRI	SAT
	8 DEC	9 DEC	10 DEC	11 DEC	12 DEC	13 DEC	14 DEC

LUNCH

Entrée	Starches, Sides & Soup
<ul style="list-style-type: none"> ■ Baked Tuna & Noodles (424 kcals, 27 g Pro, 17 g Fat, 43 g CHO) ■ Braised Beef Cubes (323 kcals, 50 g Pro, 10 g Fat, 9 g CHO) 	<ul style="list-style-type: none"> ■ Roasted Carrots ■ Steamed Broccoli ■ Whole Grain Roll ■ Egg Noodles
<ul style="list-style-type: none"> ■ Chicken Cacciatore (252 kcals, 27 g Pro, 8 g Fat, 15 g CHO) ■ Shrimp Scampi (228 kcals, 13 g Pro, 14 g Fat, 3 g CHO) ■ Italian Pork Chop (255 kcals, 24 g Pro, 16 g Fat, 4 g CHO) 	<ul style="list-style-type: none"> ■ Sautéed Asparagus ■ Savory Root Vegetables ■ Herbed Brown Rice ■ Linguine ■ Minestrone
<ul style="list-style-type: none"> ■ Southwestern Salmon (281 kcals, 45 g Pro, 9 g Fat, 2 g CHO) ■ Beef Enchiladas (364 kcals, 21 g Pro, 14 g Fat, 39 g CHO) ■ Spicy Garlic Lime Chicken (429 kcals, 26 g Pro, 33 g Fat, 9 g CHO) 	<ul style="list-style-type: none"> ■ Steamed Broccoli ■ Sautéed Cabbage ■ Cilantro Lime Rice ■ Jalapeno Cornbread ■ Chicken Tortilla Soup
<ul style="list-style-type: none"> ■ Mahi Mahi w/ Roasted Red Pepper Sauce (240 kcals, 34 g Pro, 5 g Fat, 11 g CHO) ■ Hawaiian Chicken (422 kcals, 35 g Pro, 17 g Fat, 33 g CHO) ■ Kalua Style Pulled Pork (591 kcals, 30 g Pro, 46 g Fat, 13 g CHO) 	<ul style="list-style-type: none"> ■ Fresh Green Beans ■ Grilled Kahuka Corn ■ Sweet Plantain ■ Coconut Rice ■ Mulligatawny Soup
<ul style="list-style-type: none"> ■ Lemon Butter Tilapia (140 kcals, 24 g Pro, 5 g Fat, <1 g CHO) ■ Savory Greek Chicken (432 kcals, 26 g Pro, 37 g Fat, <1 g CHO) ■ Beef Stroganoff (268 kcals, 23 g Pro, 15 g Fat, 9 g CHO) 	<ul style="list-style-type: none"> ■ Asparagus w/Onions ■ Roasted Cauliflower ■ Parsley Potatoes ■ Lemon & Herb Orzo ■ Vegetable Beef Soup
<ul style="list-style-type: none"> ■ Ranch Chicken Pasta (426 kcals, 27 g Pro, 15 g Fat, 52 g CHO) ■ Meatball Sub (693 kcals, 42 g Pro, 32 g Fat, 60 g CHO) 	<ul style="list-style-type: none"> ■ Green Beans ■ Summer Squash ■ Tater Tots ■ Garlic Bread



DINNER

Entrée	Starches & Sides
<ul style="list-style-type: none"> ■ Teriyaki Salmon (284 kcals, 46 g Pro, 9 g Fat, 2 g CHO) ■ Mongolian Beef (203 kcals, 21 g Pro, 9 g Fat, 9 g CHO) 	<ul style="list-style-type: none"> ■ Sesame Green Beans ■ Mandarin Vegetables ■ Brown Rice
<ul style="list-style-type: none"> ■ Potato Crusted Cod (240 kcals, 23 g Pro, 8 g Fat, 16 g CHO) ■ Swedish Meatballs (393 kcals, 24 g Pro, 28 g Fat, 11 g CHO) 	<ul style="list-style-type: none"> ■ New Brunswick Veg. ■ Zucchini & Squash ■ Steamed Rice ■ Mashed Potatoes
<ul style="list-style-type: none"> ■ Spinach Lasagna (291 kcals, 20 g Pro, 9 g Fat, 36 g CHO) ■ Chicken Primavera (246 kcals, 25 g Pro, 6 g Fat, 24 g CHO) 	<ul style="list-style-type: none"> ■ Roasted Carrots ■ Sautéed Brussel Sprouts ■ Steamed Rice ■ Bowtie Pasta
<ul style="list-style-type: none"> ■ Texas Turkey Hash (249 kcals, 19 g Pro, 8 g Fat, 21 g CHO) ■ Smothered Pork Chop (356 kcals, 23 g Pro, 21 g Fat, 18 g CHO) 	<ul style="list-style-type: none"> ■ Normandy Veg. Blend ■ Lyonnaise Green Beans ■ Brown Rice ■ Mashed Potatoes
<ul style="list-style-type: none"> ■ Beef Yakisoba (394 kcals, 36 g Pro, 10 g Fat, 38 g CHO) ■ Asian BBQ Chicken (305 kcals, 35 g Pro, 11 g Fat, 16 g CHO) 	<ul style="list-style-type: none"> ■ Mandarin Vegetables ■ Glazed Green Beans ■ Steamed Rice ■ Egg Noodles
<ul style="list-style-type: none"> ■ Lemon Baked Cod (155 kcals, 30 g Pro, 4 g Fat, <1 g CHO) ■ Rosemary Chicken (369 kcals, 27 g Pro, 29 g Fat, 1 g CHO) 	<ul style="list-style-type: none"> ■ Sautéed Kale ■ Herbed Green Beans ■ Brown Rice ■ Roasted Potatoes
<ul style="list-style-type: none"> ■ Carib. Beef Curry (310 kcals, 34 g Pro, 13 g Fat, 16 g CHO) ■ Coconut Tilapia (265 kcals, 27 g Pro, 10 g Fat, 17 g CHO) 	<ul style="list-style-type: none"> ■ Collard Greens ■ Sw. Potato Wedges ■ Glazed Carrots ■ Steamed Rice

BLUE RIBBON BISTRO MENU



WEEK 3

■ = Eat Often ■ = Eat Occasionally ■ = Eat Rarely

	SUN	MON	TUES	WED	THURS	FRI	SAT
	15 DEC	16 DEC	17 DEC	18 DEC	19 DEC	20 DEC	21 DEC

LUNCH

	Chef's Choice						
Soup							
Entrée	<p>■ Chicken Cutlet (336 kcals, 35 g Pro, 18 g Fat, 8 g CHO)</p> <p>■ Pork Chop (315 kcals, 24 g Pro, 17 g Fat, 14 g CHO)</p>	<p>■ Italian Roast Turkey (167 kcals, 25 g Pro, 8 g Fat, <1 g CHO)</p> <p>■ Citrus Herb Chicken (289 kcals, 40 g Pro, 11 g Fat, 6 g CHO)</p> <p>■ Spaghetti w/Meat Sauce (455 kcals, 30 g Pro, 9 g Fat, 60 g CHO)</p>	<p>■ Chipotle Lime Tilapia (270 kcals, 27 g Pro, 11 g Fat, 15 g CHO)</p> <p>■ Cajun Pork Loin (263 kcals, 33 g Pro, 14 g Fat, 0 g CHO)</p> <p>■ Southwest Chicken (360 kcals, 26 g Pro, 28 g Fat, 1 g CHO)</p>	<p>■ Seared Salmon (256 kcals, 42 g Pro, 9 g Fat, 0 g CHO)</p> <p>■ Beef Brisket w/Chimichurri Sauce (613 kcals, 42 g Pro, 48 g Fat, 7 g CHO)</p>	<p>■ Tofu Stir Fry (223 kcals, 15 g Pro, 11 g Fat, 17 g CHO)</p> <p>■ Chicken Curry (216 kcals, 23 g Pro, 12 g Fat, 7 g CHO)</p> <p>■ Cantonese Pork Spareribs (481 kcals, 36 g Pro, 33 g Fat, 11 g CHO)</p>	<p>■ Lemon Crusted Cod (200 kcals, 21 g Pro, 7 g Fat, 13 g CHO)</p> <p>■ Beef Lasagna (480 kcals, 34 g Pro, 20 g Fat, 43 g CHO)</p> <p>■ BBQ Chicken (424 kcals, 27 g Pro, 28 g Fat, 16 g CHO)</p>	<p>■ Chicken Parmesan (274 kcals, 38 g Pro, 6 g Fat, 16 g CHO)</p> <p>■ Baked Spaghetti (447 kcals, 28 g Pro, 11 g Fat, 58 g CHO)</p>
Starches, Sides & Soup	<p>■ Collard Greens</p> <p>■ Steamed Broccoli</p> <p>■ Mashed Potatoes</p> <p>■ Cornbread</p>	<p>■ Roasted Asparagus</p> <p>■ Sautéed Brussel Sprouts</p> <p>■ Roasted Italian Vegetable</p> <p>■ Brown Rice</p> <p>■ Minestrone Soup</p>	<p>■ Sautéed Kale</p> <p>■ Paprika Potatoes</p> <p>■ Hacienda Corn</p> <p>■ Cilantro Lime Rice</p> <p>■ Chicken Tortilla Soup</p>	<p>■ Sauteed Cabbage</p> <p>■ Roasted Squash</p> <p>■ Wild Rice</p> <p>■ Parsley Potatoes</p> <p>■ Chicken Noodle Soup</p>	<p>■ Caribbean Cabbage</p> <p>■ Sesame Green Beans</p> <p>■ Asian Stir-fry Noodles</p> <p>■ Dumplings</p> <p>■ Mulligatawny Soup</p>	<p>■ Roasted Baby Carrots</p> <p>■ Greek Potato Wedges</p> <p>■ Sautéed Zucchini</p> <p>■ Roasted Cauliflower</p> <p>■ Vegetable Beef Soup</p>	<p>■ Italian Blend Vegetables</p> <p>■ Sautéed Broccoli</p> <p>■ Rice Pilaf w/Orzo</p> <p>■ Garlic Bread</p>

DINNER

Entrée	<p>■ Chicken Parmesan (274 kcals, 38 g Pro, 6 g Fat, 16 g CHO)</p> <p>■ Beef Lasagna (477 kcals, 35 g Pro, 19 g Fat, 43 g CHO)</p>	<p>■ Rosemary Chicken (369 kcals, 27 g Pro, 29 g Fat, 1 g CHO)</p> <p>■ Baked Ziti (378 kcals, 29 g Pro, 17 g Fat, 28 g CHO)</p>	<p>■ Szechuan Chicken (406 kcals, 27 g Pro, 28 g Fat, 13 g CHO)</p> <p>■ Honey Garlic Pork Chop (280 kcals, 21 g Pro, 13 g Fat, 19 g CHO)</p>	<div style="border: 2px solid red; padding: 10px; width: 100px; height: 100px; margin: 0 auto;"> <p style="font-size: 2em; font-weight: bold; color: white;">TBD</p> </div>	<p>■ Chicken Cutlet (336 kcals, 33 g Pro, 18 g Fat, 8 g CHO)</p> <p>■ Lemon Baked Cod (155 kcals, 30 g Pro, 3 g Fat, <1 g CHO)</p>	<p>■ Beef & Broccoli (229 kcals, 20 g Pro, 8 g Fat, 21 g CHO)</p> <p>■ Braised Pork Chop (259 kcals, 21 g Pro, 15 g Fat, 19 g CHO)</p>	<p>■ Honey Glazed Chicken (245 kcals, 34 g Pro, 5 g Fat, 17 g CHO)</p> <p>■ Swedish Meatballs (393 kcals, 24 g Pro, 28 g Fat, 11 g CHO)</p>
Starches & Sides	<p>■ Italian Vegetables</p> <p>■ Green Beans</p> <p>■ Linguine</p> <p>■ Hawaiian Roll</p>	<p>■ Peas & Carrots</p> <p>■ Herbed Green Beans</p> <p>■ Garlic Mash Potatoes</p> <p>■ Garlic Bread</p>	<p>■ Sautéed Green Beans</p> <p>■ Paprika Potatoes</p> <p>■ Peas and Carrots</p> <p>■ Steamed Rice</p>		<p>■ Brussel Sprouts</p> <p>■ Roasted Cauliflower</p> <p>■ Parsley Potatoes</p> <p>■ Lemon & Herb Orzo</p>	<p>■ Normandy Veg. Blend</p> <p>■ Garlic Roasted Broccoli</p> <p>■ Brown Rice</p> <p>■ Egg Noodles</p>	<p>■ Asparagus</p> <p>■ Brown Rice</p> <p>■ Glazed Baby Carrots</p> <p>■ Egg Noodles</p>