

# BLUE RIBBON BISTRO MENU



Menu item & prices subject to change based on item availability. **BREAKFAST** ■ = Eat Often ■ = Eat Occasionally ■ = Eat Rarely

	SUN	MON	TUES	WED	THURS	FRI	SAT
Eggs & Meat	<ul style="list-style-type: none"> <li><span style="color: yellow;">■</span> Assorted Eggs</li> <li><span style="color: red;">■</span> Bacon</li> <li><span style="color: red;">■</span> Pork Sausage</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Grilled Chicken Breast</li> <li><span style="color: yellow;">■</span> Assorted Eggs</li> <li><span style="color: yellow;">■</span> Chicken Sausage</li> <li><span style="color: red;">■</span> Sausage Gravy</li> <li><span style="color: red;">■</span> Bacon</li> <li><span style="color: red;">■</span> Pork Sausage</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Turkey TX Hash</li> <li><span style="color: yellow;">■</span> Turkey Sausage Gravy</li> <li><span style="color: yellow;">■</span> Assorted Eggs</li> <li><span style="color: yellow;">■</span> Turkey Bacon</li> <li><span style="color: red;">■</span> Bacon</li> <li><span style="color: red;">■</span> Pork Sausage Links</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Grilled Chicken Breast</li> <li><span style="color: yellow;">■</span> Assorted Eggs</li> <li><span style="color: yellow;">■</span> Chicken Sausage</li> <li><span style="color: red;">■</span> Sausage Gravy</li> <li><span style="color: red;">■</span> Bacon</li> <li><span style="color: red;">■</span> Smoked Sausage</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: yellow;">■</span> Turkey Sausage Gravy</li> <li><span style="color: yellow;">■</span> Assorted Eggs</li> <li><span style="color: yellow;">■</span> Turkey Sausage</li> <li><span style="color: red;">■</span> Corned Beef Hash</li> <li><span style="color: red;">■</span> Bacon</li> <li><span style="color: red;">■</span> Pork Sausage</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Grilled Chicken Breast</li> <li><span style="color: yellow;">■</span> Assorted Eggs</li> <li><span style="color: yellow;">■</span> Chicken Sausage</li> <li><span style="color: red;">■</span> Sausage Gravy</li> <li><span style="color: red;">■</span> Bacon</li> <li><span style="color: red;">■</span> Pork Sausage</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: yellow;">■</span> Assorted Eggs</li> <li><span style="color: red;">■</span> Bacon</li> <li><span style="color: red;">■</span> Pork Sausage</li> </ul>
Starches & Sides	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Fresh Fruit</li> <li><span style="color: red;">■</span> Hash Brown</li> <li><span style="color: red;">■</span> Biscuit</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Fresh Fruit</li> <li><span style="color: green;">■</span> Assorted Veg.</li> <li><span style="color: red;">■</span> Home Fried Potatoes</li> <li><span style="color: red;">■</span> Biscuit</li> <li><span style="color: red;">■</span> Ham, Egg &amp; Cheese Croissant</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Fresh Fruit</li> <li><span style="color: green;">■</span> Assorted Veg.</li> <li><span style="color: yellow;">■</span> Breakfast Taco</li> <li><span style="color: red;">■</span> Home Fried Potatoes</li> <li><span style="color: red;">■</span> Cinnamon Twist</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Fresh Fruit</li> <li><span style="color: green;">■</span> Assorted Veg.</li> <li><span style="color: red;">■</span> Home Fried Potatoes</li> <li><span style="color: red;">■</span> Biscuit</li> <li><span style="color: red;">■</span> Hash Brown</li> <li>Breakfast Sandwich</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Fresh Fruit</li> <li><span style="color: green;">■</span> Assorted Veg.</li> <li><span style="color: red;">■</span> Hash Brown</li> <li><span style="color: red;">■</span> Biscuit</li> <li><span style="color: red;">■</span> Cinnamon Roll</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Fresh Fruit</li> <li><span style="color: green;">■</span> Assorted Veg.</li> <li><span style="color: red;">■</span> Home Fried Potatoes</li> <li><span style="color: red;">■</span> Sausage, Egg, &amp; Cheese Biscuit</li> <li><span style="color: red;">■</span> Apple Turnover</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Fresh Fruit</li> <li><span style="color: red;">■</span> Hash Brown</li> <li><span style="color: red;">■</span> Biscuit</li> <li><span style="color: red;">■</span> Pancake</li> </ul>

## 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%;"><span style="color: green;">■</span> Veggie Burger</li> <li style="width: 50%;"><span style="color: green;">■</span> Grilled Chicken Sandwich</li> <li style="width: 50%;"><span style="color: yellow;">■</span> Grilled Cheese</li> <li style="width: 50%;"><span style="color: red;">■</span> French Fries</li> <li style="width: 50%;"><span style="color: green;">■</span> Turkey Burger</li> <li style="width: 50%;"><span style="color: yellow;">■</span> Hamburger</li> <li style="width: 50%;"><span style="color: yellow;">■</span> Grilled Ham &amp; Cheese</li> <li style="width: 50%;"><span style="color: red;">■</span> Sweet Potato Fries (Fries available at lunch Mon.-Friday)</li> <li style="width: 50%;"><span style="color: green;">■</span> Salmon Burger</li> <li style="width: 50%;"><span style="color: yellow;">■</span> Cheeseburger</li> <li style="width: 50%;"><span style="color: red;">■</span> Hot Dog</li> </ul>

## 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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# BLUE RIBBON BISTRO MENU



Menu item & prices subject to change based on item availability.

**WEEK 1**

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

	SUN	MON	TUES	WED	THURS	FRI	SAT
	06 APR	07 APR	08 APR	09 APR	10 APR	11 APR	12 APR

## LUNCH

Entrée	Starches, Sides & Soup
<ul style="list-style-type: none"> <li>■ Oven Fried Pork Chop (345 kcals, 25 g Pro, 18 g Fat, 20 g CHO)</li> <li>■ BBQ Chicken (467 kcals, 27 g Pro, 28 g Fat, 28 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Collard Greens</li> <li>■ Roasted Baby Carrots</li> <li>■ Oven Roasted Potato</li> <li>■ Rice Pilaf</li> </ul>
<ul style="list-style-type: none"> <li>■ Cheese Tortellini (302 kcals, 12 g Pro, 6 g Fat, 50 g CHO)</li> <li>■ Chicken Scallopini (325 kcals, 36 g Pro, 15 g Fat, 15 g CHO)</li> <li>■ Shrimp Alfredo (610 kcals, 26 g Pro, 35 g Fat, 47 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Roasted Broccoli</li> <li>■ Sauteed Zucchini</li> <li>■ Parsley Potatoes</li> <li>■ Herbed Brown Rice</li> <li>■ Toscana Soup</li> </ul>
<ul style="list-style-type: none"> <li>■ Stuffed Bell Peppers (310 kcals, 22 g Pro, 10 g Fat, 35 g CHO)</li> <li>■ Mexican Chicken Qtr. (361 kcals, 26 g Pro, 28 g Fat, 2 g CHO)</li> <li>■ Pork Carnitas (669 kcals, 46 g Pro, 44 g Fat, 19 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Fresh Green Beans</li> <li>■ Mexican Corn</li> <li>■ Paprika Potatoes</li> <li>■ Jalapeno Brown Rice</li> <li>■ Chicken Tortilla Soup</li> </ul>
<ul style="list-style-type: none"> <li>■ Lemon Butter Tilapia (140 kcals, 24 g Pro, 5 g Fat, &lt;1 g CHO)</li> <li>■ Chicken Pot Pie (401 kcals, 36 g Pro, 14 g Fat, 33 g CHO)</li> <li>■ Smothered Pork Chop (356 kcals, 23 g Pro, 21 g Fat, 18 g CHO)</li> <li>■ Shrimp &amp; Cheesy Grits (444 kcals, 17 g Pro, 26 g Fat, 28 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Roasted Baby Carrots</li> <li>■ Sauteed Asparagus</li> <li>■ Baked Mac &amp; Cheese</li> <li>■ Steamed Rice</li> <li>■ Chicken Noodle Soup</li> </ul>
<ul style="list-style-type: none"> <li>■ Kung Pao Chicken (302 kcals, 42 g Pro, 8 g Fat, 14 g CHO)</li> <li>■ Mongolian Beef (203 kcals, 21 g Pro, 9 g Fat, 9 g CHO)</li> <li>■ Ginger Lemon Fish (244 kcals, 26 g Pro, 15 g Fat, 1 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Sesame Green Beans</li> <li>■ Teriyaki Broccoli</li> <li>■ Asian Stir-Fry Noodles</li> <li>■ Egg Rolls</li> <li>■ Mulligatawny Soup</li> </ul>
<ul style="list-style-type: none"> <li>■ Cajun Crusted Catfish (325 kcals, 37 g Pro, 9 g Fat, 23 g CHO)</li> <li>■ Turkey &amp; Noodle Bake (516 kcals, 33 g Pro, 25 g Fat, 44 g CHO)</li> <li>■ Beef Roast (443 kcals, 43 g Pro, 26 g Fat, 7 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Brussel Sprouts</li> <li>■ Baby Carrots w/Thyme</li> <li>■ Rice Pilaf</li> <li>■ Garlic Mashed Potatoes</li> <li>■ Vegetable Beef Soup</li> </ul>
<ul style="list-style-type: none"> <li>■ Chicken Alfredo (373 kcals, 23 g Pro, 14 g Fat, 39 g CHO)</li> <li>■ Meatloaf (330 kcals, 29 g Pro, 14 g Fat, 18 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Herbed Green Beans</li> <li>■ Roasted Asparagus</li> <li>■ Parsley Potatoes</li> <li>■ Hawaiian Roll</li> </ul>

## DINNER

Entrée	Starches & Sides
<ul style="list-style-type: none"> <li>■ Lemon Baked Cod (160 kcals, 30 g Pro, 4 g Fat, &lt;1 g CHO)</li> <li>■ Savory Baked Chicken (537 kcals, 28 g Pro, 46 g Fat, 1 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Peas &amp; Carrots</li> <li>■ Sauteed Zucchini</li> <li>■ Roasted Potatoes</li> <li>■ Sweet Potato Wedges</li> </ul>
<ul style="list-style-type: none"> <li>■ Beef Chili Mac (357 kcals, 23 g Pro, 11 g Fat, 42 g CHO)</li> <li>■ Chicken Tacos (435 kcals, 32 g Pro, 18 g Fat, 34 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Steamed Broccoli</li> <li>■ Sauteed Asparagus</li> <li>■ Refried Beans</li> <li>■ Mexican Brown Rice</li> </ul>
<ul style="list-style-type: none"> <li>■ Spaghetti w/ Meat Sauce (465 kcals, 28 g Pro, 12 g Fat, 60 g CHO)</li> <li>■ Chicken Piccata (321 kcals, 36 g Pro, 13 g Fat, 15 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Herbed Green Beans</li> <li>■ Garlic Roasted Broccoli</li> <li>■ Bowtie Pasta</li> <li>■ Garlic Mashed Potatoes</li> </ul>
<ul style="list-style-type: none"> <li>■ Roast Turkey (162 kcals, 25 g Pro, 8 g Fat, 0 g CHO)</li> <li>■ Chicken Vega (629 kcals, 34 g Pro, 34 g Fat, 49 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Roast Summer Squash</li> <li>■ Herbed Green Beans</li> <li>■ Potato Wedges</li> <li>■ Hawaiian Roll</li> </ul>
<ul style="list-style-type: none"> <li>■ Salmon w/ Summer Salsa (292 kcals, 45 g Pro, 11 g Fat, 2 g CHO)</li> <li>■ Salisbury Steak (254 kcals, 18 g Pro, 16 g Fat, 11 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Peas &amp; Carrots</li> <li>■ Collard Greens</li> <li>■ Wild Rice</li> <li>■ Roasted Potatoes</li> </ul>
<ul style="list-style-type: none"> <li>■ Beef &amp; Broccoli (217 kcals, 19 g Pro, 8 g Fat, 18 g CHO)</li> <li>■ Chinese 5 Spice Chicken (361 kcals, 27 g Pro, 27 g Fat, 2 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Mandarin Veg. Stir Fry</li> <li>■ Brown Rice</li> <li>■ Teriyaki Sweet Potatoes</li> <li>■ Ginger Glazed Carrots</li> </ul>
<ul style="list-style-type: none"> <li>■ Beef Yakisoba (408 kcals, 32 g Pro, 13 g Fat, 38 g CHO)</li> <li>■ Asian BBQ Chicken (303 kcals, 34 g Pro, 11 g Fat, 16 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Mandarin Vegetable</li> <li>■ Brown Rice</li> <li>■ Ginger Carrots</li> </ul>

# BLUE RIBBON BISTRO MENU



Menu item & prices subject to change based on item availability.

**WEEK 2**

■ = Eat Often

■ = Eat Occasionally

■ = Eat Rarely

	<b>SUN</b>	<b>MON</b>	<b>TUES</b>	<b>WED</b>	<b>THURS</b>	<b>FRI</b>	<b>SAT</b>
	<b>13 APR</b>	<b>14 APR</b>	<b>15 APR</b>	<b>16 APR</b>	<b>17 APR</b>	<b>18 APR</b>	<b>19 APR</b>

## LUNCH

<b>Entrée</b>	<ul style="list-style-type: none"> <li>■ Baked Tuna &amp; Noodles (424 kcals, 27 g Pro, 17 g Fat, 43 g CHO)</li> <li>■ Braised Beef Cubes (323 kcals, 50 g Pro, 10 g Fat, 9 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Chicken Cacciatore (253 kcals, 27 g Pro, 8 g Fat, 16 g CHO)</li> <li>■ Shrimp Scampi (227 kcals, 13 g Pro, 14 g Fat, 3 g CHO)</li> <li>■ Italian Pork Chop (255 kcals, 24 g Pro, 16 g Fat, 4 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Southwestern Salmon (281 kcals, 45 g Pro, 9 g Fat, 2 g CHO)</li> <li>■ Spicy Garlic Lime Chicken (429 kcals, 26 g Pro, 33 g Fat, 9 g CHO)</li> <li>■ Beef Enchiladas (405 kcals, 23 g Pro, 17 g Fat, 39 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Potato Crusted Cod (252 kcals, 24 g Pro, 8 g Fat, 16 g CHO)</li> <li>■ Oven Fried Chicken (583 kcals, 28 g Pro, 44 g Fat, 18 g CHO)</li> <li>■ Sam's Rub Spareribs (637 kcals, 42 g Pro, 37 g Fat, 34 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Mahi Mahi w/ Roasted Red Pepper Sauce (240 kcals, 34 g Pro, 5 g Fat, 11 g CHO)</li> <li>■ Hawaiian Chicken (433 kcals, 35 g Pro, 18 g Fat, 34 g CHO)</li> <li>■ Kalua Style Pulled Pork (499 kcals, 41 g Pro, 31 g Fat, 13 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Lemon Butter Tilapia (140 kcals, 24 g Pro, 5 g Fat, &lt;1 g CHO)</li> <li>■ Savory Greek Chicken (431 kcals, 26 g Pro, 36 g Fat, &lt;1 g CHO)</li> <li>■ Beef Stroganoff (442 kcals, 30 g Pro, 17 g Fat, 42 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Ranch Chicken Pasta (423 kcals, 28 g Pro, 14 g Fat, 52 g CHO)</li> <li>■ Meatball Sub (773 kcals, 42 g Pro, 32 g Fat, 82 g CHO)</li> </ul>
<b>Starches, Sides &amp; Soup</b>	<ul style="list-style-type: none"> <li>■ Roasted Carrots</li> <li>■ Steamed Broccoli</li> <li>■ Whole Grain Roll</li> <li>■ Egg Noodles</li> </ul>	<ul style="list-style-type: none"> <li>■ Sautéed Asparagus</li> <li>■ Savory Root Vegetables</li> <li>■ Herbed Brown Rice</li> <li>■ Garlic Mashed Potatoes</li> <li>■ Minestrone Soup</li> </ul>	<ul style="list-style-type: none"> <li>■ Steamed Broccoli</li> <li>■ Sautéed Cabbage</li> <li>■ Cilantro Lime Rice</li> <li>■ Jalapeno Cornbread</li> <li>■ Chicken Tortilla Soup</li> </ul>	<ul style="list-style-type: none"> <li>■ Collard Greens</li> <li>■ Seasoned Pinto Beans</li> <li>■ Corn on the Cob</li> <li>■ Steamed Rice</li> <li>■ Chicken Noodle Soup</li> </ul>	<ul style="list-style-type: none"> <li>■ Fresh Green Beans</li> <li>■ Grilled Kahuku Corn</li> <li>■ Sweet Plantain</li> <li>■ Coconut Rice</li> <li>■ Mulligatawny Soup</li> </ul>	<ul style="list-style-type: none"> <li>■ Asparagus w/Onions</li> <li>■ Roasted Cauliflower</li> <li>■ Parsley Potatoes</li> <li>■ Lemon &amp; Herb Orzo</li> <li>■ Vegetable Beef Soup</li> </ul>	<ul style="list-style-type: none"> <li>■ Green Beans</li> <li>■ Summer Squash</li> <li>■ Tater Tots</li> <li>■ Garlic Bread</li> </ul>

## DINNER

<b>Entrée</b>	<ul style="list-style-type: none"> <li>■ Teriyaki Salmon (284 kcals, 46 g Pro, 9 g Fat, 2 g CHO)</li> <li>■ Mongolian Beef (203 kcals, 21 g Pro, 9 g Fat, 9 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Potato Crusted Cod (252 kcals, 24 g Pro, 8 g Fat, 16 g CHO)</li> <li>■ Swedish Meatballs (393 kcals, 24 g Pro, 28 g Fat, 11 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Spinach Lasagna (292 kcals, 20 g Pro, 9 g Fat, 36 g CHO)</li> <li>■ Chicken Primavera (246 kcals, 25 g Pro, 6 g Fat, 24 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Texas Turkey Hash (249 kcals, 19 g Pro, 10 g Fat, 21 g CHO)</li> <li>■ Smothered Pork Chop (356 kcals, 23 g Pro, 21 g Fat, 18 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Beef Yakisoba (408 kcals, 32 g Pro, 13 g Fat, 38 g CHO)</li> <li>■ Asian BBQ Chicken (303 kcals, 34 g Pro, 11 g Fat, 16 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Lemon Baked Cod (160 kcals, 30 g Pro, 4 g Fat, &lt;1 g CHO)</li> <li>■ Rosemary Chicken (369 kcals, 27 g Pro, 29 g Fat, 1 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Carib. Beef Curry (317 kcals, 34 g Pro, 13 g Fat, 1 g CHO)</li> <li>■ Coconut Tilapia (265 kcals, 27 g Pro, 10 g Fat, 17 g CHO)</li> </ul>
<b>Starches &amp; Sides</b>	<ul style="list-style-type: none"> <li>■ Sesame Green Beans</li> <li>■ Mandarin Vegetables</li> <li>■ Brown Rice</li> </ul>	<ul style="list-style-type: none"> <li>■ New Brunswick Veg. Zucchini &amp; Squash</li> <li>■ Steamed Rice</li> <li>■ Mashed Potatoes</li> </ul>	<ul style="list-style-type: none"> <li>■ Roasted Carrots</li> <li>■ Sautéed Brussel Sprouts</li> <li>■ Steamed Rice</li> <li>■ Bowtie Pasta</li> </ul>	<ul style="list-style-type: none"> <li>■ Normandy Veg. Blend</li> <li>■ Lyonnaise Green Beans</li> <li>■ Brown Rice</li> <li>■ Mashed Potatoes</li> </ul>	<ul style="list-style-type: none"> <li>■ Mandarin Vegetables</li> <li>■ Glazed Green Beans</li> <li>■ Steamed Rice</li> <li>■ Egg Noodles</li> </ul>	<ul style="list-style-type: none"> <li>■ Sautéed Kale</li> <li>■ Herbed Green Beans</li> <li>■ Brown Rice</li> <li>■ Roasted Potatoes</li> </ul>	<ul style="list-style-type: none"> <li>■ Collard Greens</li> <li>■ Sw. Potato Wedges</li> <li>■ Glazed Carrots</li> <li>■ Steamed Rice</li> </ul>

# BLUE RIBBON BISTRO MENU



Menu item & prices subject to change based on item availability.

**WEEK 3**

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

	SUN	MON	TUES	WED	THURS	FRI	SAT
	20 APR	21 APR	22 APR	23 APR	24 APR	25 APR	26 APR

## LUNCH

	SUN	MON	TUES	WED	THURS	FRI	SAT
	20 APR	21 APR	22 APR	23 APR	24 APR	25 APR	26 APR
<b>Entrée</b>	<ul style="list-style-type: none"> <li>■ Chicken Cutlet (334 kcals, 34 g Pro, 18 g Fat, 8 g CHO)</li> <li>■ Pork Chop (345 kcals, 25 g Pro, 18 g Fat, 20 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Italian Roast Turkey (171 kcals, 25 g Pro, 8 g Fat, &lt;1 g CHO)</li> <li>■ Citrus Herb Chicken (289 kcals, 40 g Pro, 11 g Fat, 6 g CHO)</li> <li>■ Spaghetti w/Meat Sauce (465 kcals, 28 g Pro, 12 g Fat, 60 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Chipotle Lime Tilapia (304 kcals, 19 g Pro, 12 g Fat, 29 g CHO)</li> <li>■ Southwest Chicken (360 kcals, 26 g Pro, 28 g Fat, 1 g CHO)</li> <li>■ Cajun Roasted Pork Loin (196 kcals, 24 g Pro, 10 g Fat, 0 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Baked Salmon (256 kcals, 42 g Pro, 9 g Fat, 0 g CHO)</li> <li>■ Chicken Vega (629 kcals, 34 g Pro, 34 g Fat, 49 g CHO)</li> <li>■ Beef Brisket w/Chimichurri Sauce (613 kcals, 42 g Pro, 48 g Fat, 7 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Tofu Stir Fry (209 kcals, 13 g Pro, 11 g Fat, 14 g CHO)</li> <li>■ Chicken Curry (229 kcals, 24 g Pro, 12 g Fat, 7 g CHO)</li> <li>■ Cantonese Pork Spareribs (481 kcals, 36 g Pro, 33 g Fat, 11 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Lemon Crusted Cod (200 kcals, 21 g Pro, 7 g Fat, 13 g CHO)</li> <li>■ Beef Lasagna (498 kcals, 34 g Pro, 22 g Fat, 42 g CHO)</li> <li>■ BBQ Chicken (424 kcals, 27 g Pro, 28 g Fat, 16 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Chicken Parmesan (274 kcals, 38 g Pro, 6 g Fat, 16 g CHO)</li> <li>■ Baked Spaghetti (457 kcals, 26 g Pro, 12 g Fat, 60 g CHO)</li> </ul>
<b>Starches, Sides &amp; Soup</b>	<ul style="list-style-type: none"> <li>■ Collard Greens</li> <li>■ Steamed Broccoli</li> <li>■ Mashed Potatoes</li> <li>■ Cornbread</li> </ul>	<ul style="list-style-type: none"> <li>■ Roasted Asparagus</li> <li>■ Sautéed Brussel Sprouts</li> <li>■ Roasted Italian Vegetable</li> <li>■ Brown Rice</li> <li>■ Minestrone Soup</li> </ul>	<ul style="list-style-type: none"> <li>■ Sautéed Kale</li> <li>■ Paprika Potatoes</li> <li>■ Hacienda Corn</li> <li>■ Cilantro Lime Rice</li> <li>■ Chicken Tortilla Soup</li> </ul>	<ul style="list-style-type: none"> <li>■ Sauteed Cabbage</li> <li>■ Roasted Squash</li> <li>■ Wild Rice</li> <li>■ Parsley Potatoes</li> <li>■ Chicken Noodle Soup</li> </ul>	<ul style="list-style-type: none"> <li>■ Caribbean Cabbage</li> <li>■ Sesame Green Beans</li> <li>■ Asian Stir-fry Noodles</li> <li>■ Potstickers</li> <li>■ Mulligatawny Soup</li> </ul>	<ul style="list-style-type: none"> <li>■ Roasted Baby Carrots</li> <li>■ Greek Potato Wedges</li> <li>■ Sautéed Zucchini</li> <li>■ Roasted Cauliflower</li> <li>■ Vegetable Beef Soup</li> </ul>	<ul style="list-style-type: none"> <li>■ Italian Blend Vegetables</li> <li>■ Sauteed Broccoli</li> <li>■ Rice Pilaf w/Orzo</li> <li>■ Garlic Bread</li> </ul>

## DINNER

<b>Entrée</b>	<ul style="list-style-type: none"> <li>■ Chicken Parmesan (274 kcals, 38 g Pro, 6 g Fat, 16 g CHO)</li> <li>■ Beef Lasagna (498 kcals, 34 g Pro, 22 g Fat, 42 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Rosemary Chicken (369 kcals, 27 g Pro, 29 g Fat, 1 g CHO)</li> <li>■ Baked Penne (388 kcals, 28 g Pro, 18 g Fat, 30 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Szechuan Chicken (407 kcals, 27 g Pro, 28 g Fat, 14 g CHO)</li> <li>■ Honey Garlic Pork Chop (280 kcals, 21 g Pro, 13 g Fat, 19 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Glazed Meatloaf (330 kcals, 29 g Pro, 14 g Fat, 18 g CHO)</li> <li>■ BBQ Chicken (424 kcals, 27 g Pro, 28 g Fat, 16 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Chicken Cutlet (334 kcals, 34 g Pro, 18 g Fat, 8 g CHO)</li> <li>■ Lemon Baked Cod (160 kcals, 30 g Pro, 4 g Fat, &lt;1 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Beef &amp; Broccoli (217 kcals, 19 g Pro, 8 g Fat, 18 g CHO)</li> <li>■ Braised Pork Chop (259 kcals, 21 g Pro, 15 g Fat, 19 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Honey Glazed Chicken (242 kcals, 33 g Pro, 5 g Fat, 16 g CHO)</li> <li>■ Swedish Meatballs (393 kcals, 24 g Pro, 28 g Fat, 11 g CHO)</li> </ul>
<b>Starches &amp; Sides</b>	<ul style="list-style-type: none"> <li>■ Italian Vegetables</li> <li>■ Green Beans</li> <li>■ Linguine</li> <li>■ Hawaiian Roll</li> </ul>	<ul style="list-style-type: none"> <li>■ Peas &amp; Carrots</li> <li>■ Herbed Green Beans</li> <li>■ Garlic Mash Potatoes</li> <li>■ Garlic Bread</li> </ul>	<ul style="list-style-type: none"> <li>■ Sauteed Green Beans</li> <li>■ Paprika Potatoes</li> <li>■ Peas and Carrots</li> <li>■ Steamed Rice</li> </ul>	<ul style="list-style-type: none"> <li>■ Collard Greens</li> <li>■ Glazed Baby Carrots</li> <li>■ Steamed Rice</li> <li>■ Mashed Potatoes</li> </ul>	<ul style="list-style-type: none"> <li>■ Brussel Sprouts</li> <li>■ Roasted Cauliflower</li> <li>■ Parsley Potatoes</li> <li>■ Lemon &amp; Herb Orzo</li> </ul>	<ul style="list-style-type: none"> <li>■ Normandy Veg. Blend</li> <li>■ Garlic Roasted Broccoli</li> <li>■ Brown Rice</li> <li>■ Egg Noodles</li> </ul>	<ul style="list-style-type: none"> <li>■ Asparagus</li> <li>■ Brown Rice</li> <li>■ Glazed Baby Carrots</li> <li>■ Egg Noodles</li> </ul>