

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	■ Assorted Eggs ■ Bacon ■ Pork Sausage	■ Assorted Eggs ■ Chicken Sausage ■ Sausage Gravy ■ Bacon	■ Turkey TX Hash ■ Turkey Sausage Gravy ■ Assorted Eggs ■ Bacon ■ Pork Sausage Links	■ Assorted Eggs ■ Chicken Sausage ■ Bacon ■ Sausage Gravy	■ Assorted Eggs ■ Turkey Sausage Patty ■ Turkey Sausage Gravy ■ Pork Sausage Patty ■ Bacon	■ Assorted Eggs ■ Chicken Sausage ■ Sausage Gravy ■ Bacon	■ Assorted Eggs ■ Bacon ■ Pork Sausage
Starches & Sides	■ Fresh Fruit ■ Hash Brown ■ Biscuit ■ Pancake	■ Fresh Fruit ■ Assorted Veg. ■ Home Fried Potatoes ■ Biscuit ■ Banana Nut Muffin ■ Ham, Egg & Cheese Croissant	■ Fresh Fruit ■ Assorted Veg. ■ Breakfast Taco ■ Home Fried Potatoes ■ Biscuit ■ Fruit Scone	■ Fresh Fruit ■ Assorted Veg. ■ Home Fried Potatoes ■ Blueberry Muffin ■ Hash Brown Breakfast Sandwich	■ Fresh Fruit ■ Assorted Veg. ■ Breakfast Taco ■ Hash Brown ■ Biscuit ■ Cinnamon Roll	■ Fresh Fruit ■ Assorted Veg. ■ Home Fried Potatoes ■ Sausage, Egg, & Cheese Biscuit ■ Apple Turnover	■ Fresh Fruit ■ Hash Brown ■ Biscuit ■ French Toast Sticks

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	■ Veggie Burger ■ Turkey Burger ■ Salmon Burger	■ Grilled Chicken Sandwich ■ Hamburger ■ Cheeseburger	■ Grilled Cheese ■ Grilled Ham & Cheese ■ Hot Dog (Fries temporarily unavailable) ■ French Fries ■ Sweet Potato Fries

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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For nutrition information please see WAMC Links> Blue Ribbon Bistro Menus or WAMC Web>Health Services>Preventive Care>Blue Ribbon Bistro

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WEEK 1

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

	SUN	MON	TUES	WED	THURS	FRI	SAT
	23 AUG	24 AUG	25 AUG	26 AUG	27 AUG	28 AUG	29 AUG

LUNCH

Entrée	■ BBQ Chicken Qtr. ■ Oven Fried Pork Chop	■ Chicken Scallopini ■ Shrimp Alfredo	■ Mojo Pork Tacos ■ Mexican Chicken Qtr.	■ Stuffed Pasta Shells ■ Seasoned Chicken Qtr. ■ Hamburger Steak	■ Tofu Stir Fry ■ Szechuan Beef Stir Fry ■ Thai Chicken Drumstick	■ Seasoned Chicken Qtr. ■ Cajun Crusted Catfish	■ Chicken Alfredo ■ Meatloaf
Starches, Sides & Soup	■ Roasted Baby Carrots ■ Collard Greens ■ Oven Roasted Potatoes ■ Rice Pilaf ■ Hawaiian Roll	■ Roasted Broccoli ■ Sautéed Zucchini ■ Parsley Potatoes ■ Herbed Brown Rice ■ Garlic Cheese Breadstick ■ Minestrone Soup	■ Fresh Green Beans ■ Mexican Corn ■ Pinto Beans ■ Jalapeno Brown Rice ■ Jalapeno Cornbread ■ Chicken Tortilla Soup	■ Seasoned Corn ■ Sautéed Asparagus ■ Baked Sweet Potato ■ Steamed Rice ■ Yeast Roll ■ Potato Soup	■ Sautéed Broccoli ■ Sesame Green Beans ■ Asian Noodle Stir-fry ■ Jasmine Rice ■ Egg Rolls ■ Mulligatawny Soup	■ Sautéed Brussel Sprouts ■ Baby Carrots w/ Thyme ■ Corn on the Cob ■ Rice Pilaf ■ Baked Mac & Cheese ■ Louisiana Cornbread ■ Chicken Noodle Soup	■ Roasted Asparagus ■ Herbed Green Beans ■ Parsley Potatoes ■ Brown Rice ■ Hawaiian Roll

DINNER

Entrée	■ Roast Turkey	■ Beef Chili Mac	■ Baked Spaghetti	■ Chicken Giardino	■ Oven Fried Chicken Qtr	■ Beef & Broccoli	■ Beef Yakisoba
Starches & Sides	■ Roasted Cauliflower ■ Fresh Green Beans ■ Sweet Potato Wedges ■ Cornbread Dressing	■ Normandy Veg. Blend ■ Asparagus & Onions ■ Refried Beans ■ Mexican Brown Rice	■ Peas & Carrots ■ Garlic Roasted Broccoli ■ Garlic Mashed Potatoes ■ Garlic Bread	■ Herbed Green Beans ■ Cinnamon Apples ■ Steamed Rice ■ Hawaiian Roll	■ New Brunswick Veg. Blend ■ Collard Greens ■ Wild Rice ■ Roasted Potatoes ■ Hawaiian Roll	■ Mandarin Veg. Blend ■ Snow Peas & Carrots ■ Sweet Potato Wedges ■ Vegetable Fried Rice	■ Squash/Zucchini ■ Mixed Veg. Stir-Fry ■ Brown Rice

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WEEK 2

■ = Eat Often

■ = Eat Occasionally

■ = Eat Rarely

	SUN	MON	TUES	WED	THURS	FRI	SAT
	30 AUG	31 AUG	01 SEPT	02 SEPT	03 SEPT	04 SEPT	05 SEPT

LUNCH

Entrée	■ Braised Beef Cubes ■ Potato Crusted Cod	■ Seasoned Shrimp ■ Eggplant Cutlet ■ Seasoned Chicken Qtr.	■ Spicy Lime Chicken Qtr. ■ Beef Enchilada Casserole	■ Garlic Lemon Cod ■ Seasoned Chicken Qtr.	■ Teriyaki Baked Chicken ■ Korean Spareribs	■ Cucumber Dill Salmon ■ Seasoned Chicken Qtr.	■ Chicken Giardino ■ Beef Pot Roast
Starches, Sides & Soup	■ Mixed Vegetables ■ Steamed Broccoli ■ Steamed Rice ■ Egg Noodles ■ Hawaiian Roll	■ Malibu Veg. Blend ■ Sautéed Asparagus ■ Linguine ■ Garlic Mashed Potatoes ■ Garlic Cheese Breadstick ■ Lasagna Soup	■ Steamed Broccoli ■ Borracho Beans ■ Corn Hacienda ■ Cabbage w/Peppers ■ Cilantro Lime Rice ■ Jalapeno Cornbread ■ Albondigas Soup	■ Collard Greens ■ Roasted Carrots ■ Steamed Rice ■ Baked Mac & Cheese ■ Yeast Roll ■ Broccoli & Cheese Soup	■ Mandarin Veg. Blend ■ Kung Pao Brussel Sprouts ■ Sweet Potato Wedges ■ Chicken & Veg. Potstickers ■ Jasmine Rice ■ Chicken Tikka Masala Soup	■ Asparagus ■ Roasted Cauliflower ■ Roasted Carrots ■ Parsley Potatoes ■ Greek Rice ■ Whole Wheat Pita ■ Vegetable Beef Soup	■ Seasoned Green Beans ■ Peas & Pearl Onion ■ Mashed Potatoes ■ Parkerhouse Roll

DINNER

Entrée	■ Spinach Lasagna	■ Mongolian Beef	■ Chicken Alfredo	■ Roast Turkey	■ Citrus Herb Chicken	■ Beef Pepper Steak	■ Asian BBQ Chicken
Starches & Sides	■ Roasted Carrots ■ Sautéed Brussel Sprouts ■ Bowtie Pasta	■ Sesame Green Beans ■ Mandarin Veg. Blend ■ Vegetable Fried Rice	■ Bermuda Veg. Blend ■ Sautéed Spinach ■ Buttered Bowtie Pasta ■ Steamed Rice	■ Normandy Veg. Blend ■ Lyonnaise Green Beans ■ Mashed Red Potatoes ■ Hawaiian Roll	■ Zucchini & Squash ■ New Brunswick Veg. Blend ■ Steamed Rice	■ Roasted Squash ■ Herbed Green Beans ■ Brown Rice	■ Mandarin Veg. Blend ■ Roasted Cauliflower ■ Steamed Rice

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WEEK 3

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

LUNCH

	SUN	MON	TUES	WED	THURS	FRI	SAT
	06 SEPT	07 SEPT	08 SEPT	09 SEPT	10 SEPT	11 SEPT	12 SEPT
Entrée	■ Chicken Cutlet ■ Oven Fried Pork Chop	■ Marry Me Chicken ■ Spaghetti w/Meat Sauce	■ Beef Chili Mac ■ Seasoned Chicken Qtr.	■ Baked Salmon ■ Stuffed Mushroom ■ Brisket w. Chimichurri	■ Curry Chicken Qtr. ■ Cantonese Spareribs	■ Garlic Lemon Cod ■ Cauliflower Steak ■ Herb Crusted Flank Steak	■ Chicken Bruschetta ■ Tuscan Spareribs
Starches, Sides & Soup	■ Collard Greens ■ Steamed Broccoli ■ Mashed Potatoes ■ Steamed Rice ■ Cornbread	■ Italian Veg. Blend ■ Roasted Asparagus ■ Brown Rice ■ Parmesan Garlic Pasta ■ Garlic Bread ■ Toscana Soup	■ Sautéed Spinach ■ Black Beans ■ Paprika Potatoes ■ Cilantro Lime Rice ■ Jalapeno Cornbread ■ Taco Soup	■ Roasted Broccoli ■ Roasted Squash ■ Wild Rice ■ Parsley Potatoes ■ Yeast Roll ■ Chicken Sausage Gumbo	■ Caribbean Cabbage ■ Sesame Green Beans ■ Basmati Rice ■ Chicken Veg. Potstickers ■ Garlic Naan ■ Thai Curry Soup	■ Roasted Carrots ■ Sautéed Zucchini w/ Onions ■ Greek Roasted Potato Wedges ■ Rice Pilaf w/Orzo ■ Yeast Roll ■ Navy Bean & Ham Soup	■ Italian Veg. Blend ■ Sautéed Broccoli ■ Rice Pilaf w/Orzo ■ Garlic Bread

DINNER

	SUN	MON	TUES	WED	THURS	FRI	SAT
	06 SEPT	07 SEPT	08 SEPT	09 SEPT	10 SEPT	11 SEPT	12 SEPT
Entrée	■ Chicken Parmesan	■ Rosemary Chicken Qtr.	■ Szechuan Chicken Qtr.	■ Glazed Meatloaf	■ Oven Fried Chicken Qtr	■ Beef & Broccoli	■ Baked Chicken Qtr.
Starches & Sides	■ Italian Veg. Blend ■ Lyonnaise Green Beans ■ Linguine ■ Hawaiian Roll	■ Peas & Carrots ■ Herbed Green Beans ■ Garlic Mashed Potatoes ■ Steamed Rice ■ Garlic Bread	■ Sautéed Green Beans ■ Peas & Carrots ■ Paprika Potatoes ■ Steamed Rice	■ Collard Greens ■ Glazed Baby Carrots ■ Steamed Rice ■ Garlic Mashed Potatoes	■ Sautéed Brussel Sprouts ■ Roasted Cauliflower ■ Parsley Potatoes ■ Orzo w/Lemon & Herbs ■ Steamed Rice	■ Garlic Roasted Broccoli ■ Normandy Vegetable Blend ■ Brown Rice ■ Mashed Potatoes ■ Egg Noodles	■ Asparagus ■ Glazed Carrots ■ Brown Rice ■ Egg Noodles ■ Hawaiian Roll

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