

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	■ Grilled Chicken Breast ■ Assorted Eggs ■ Chicken Sausage ■ Steak & Eggs ■ Sausage Gravy ■ Bacon	■ Turkey TX Hash ■ Turkey Sausage Gravy ■ Assorted Eggs ■ Turkey Bacon ■ Bacon ■ Pork Sausage Links	■ Grilled Chicken Breast ■ Assorted Eggs ■ Chicken Sausage ■ Sausage Gravy ■ Bacon ■ Smoked Sausage	■ Turkey Sausage Gravy ■ Assorted Eggs ■ Turkey Sausage Patty ■ Corned Beef Hash ■ Bacon	■ Grilled Chicken Breast ■ Assorted Eggs ■ Chicken Sausage ■ Sausage Gravy ■ Bacon ■ Country Pork Sausage	■ Assorted Eggs ■ Bacon ■ Pork Sausage
Starches & Sides	■ Fresh Fruit ■ Hash Brown ■ Biscuit ■ Pancake	■ Fresh Fruit ■ Assorted Veg. ■ Home Fried Potatoes ■ Biscuit ■ Ham, Egg & Cheese Croissant	■ Fresh Fruit ■ Assorted Veg. ■ Breakfast Taco ■ Home Fried Potatoes ■ Cinnamon Twist	■ Fresh Fruit ■ Assorted Veg. ■ Home Fried Potatoes ■ Biscuit ■ Hash Brown Breakfast Sandwich	■ Fresh Fruit ■ Assorted Veg. ■ Hash Brown ■ Biscuit ■ Cinnamon Roll	■ Fresh Fruit ■ Assorted Veg. ■ Home Fried Potatoes ■ Sausage, Egg, & Cheese Biscuit ■ Apple Turnover	■ 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	■ Veggie Burger ■ Turkey Burger ■ Salmon Burger	■ Grilled Chicken Sandwich ■ Hamburger ■ Cheeseburger	■ Grilled Cheese ■ Grilled Ham & Cheese ■ Hot Dog

■ French Fries
■ Sweet Potato Fries
 (Fries available at lunch Mon.-Friday)

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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WEEK 1

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	SUN	MON	TUES	WED	THURS	FRI	SAT
	10 AUG	11 AUG	12 AUG	13 AUG	14 AUG	15 AUG	16 AUG

LUNCH

Entrée	■ Citrus Herb Chicken (247 kcals, 33 g Pro, 9.5 g Fat, 6 g CHO) ■ Oven Fried Pork Chop (345 kcals, 25 g Pro, 18 g Fat, 20 g CHO)	■ Seasoned Chicken (350 kcals, 26 g Pro, 27 g Fat, 2.5 g CHO) ■ Cheese Ravioli (346 kcals, 14 g Pro, 15 g Fat, 39 g CHO) ■ Lemon Spaghetti w/ Shrimp (604 kcals, 26 g Pro, 31 g Fat, 69 g CHO)	■ Stuffed Bell Peppers (265 kcals, 16 g Pro, 8 g Fat, 35 g CHO) ■ Mexican Chicken Qtr. (361 kcals, 26 g Pro, 28 g Fat, 2 g CHO) ■ Churrasco Steak w/ Chimichurri Sauce (413 kcals, 26 g Pro, 32 g Fat, 5 g CHO)	■ Lemon Pepper Tilapia (147 kcals, 26 g Pro, 5 g Fat, <1 g CHO) ■ Seasoned Chicken (350 kcals, 26 g Pro, 27 g Fat, 2.5 g CHO) ■ Smoked Sausage & Red Beans (441 kcals, 19 g Pro, 28 g Fat, 31 g CHO)	■ Kung Pao Chicken (295 kcals, 42 g Pro, 8 g Fat, 12 g CHO) ■ Sriracha Salmon (395 kcals, 45 g Pro, 17 g Fat, 15 g CHO) ■ Mongolian Beef (266 kcals, 29 g Pro, 11 g Fat, 11 g CHO)	■ Seasoned Chicken (350 kcals, 26 g Pro, 27 g Fat, 2.5 g CHO) ■ Herb Crusted Flank Steak (229 kcals, 25 g Pro, 11 g Fat, 13 g CHO) ■ Cajun Crusted Catfish (336 kcals, 37 g Pro, 1 g Fat, 39 g CHO)	■ Chicken Alfredo (373 kcals, 23 g Pro, 14 g Fat, 39 g CHO) ■ Rosemary & Garlic Roasted Pork Loin (217 kcals, 26 g Pro, 11 g Fat, 1 g CHO)
	■ Sautéed Spinach ■ Roasted Baby Carrots ■ Oven Roasted Potato ■ Mac & Cheese	■ Roasted Broccoli ■ Mediterranean Veg. ■ Parsley Potatoes ■ Herbed Brown Rice ■ Lasagna Soup	■ Garlic Green Beans ■ Mexican Corn ■ Paprika Potatoes ■ Jalapeno Brown Rice ■ Chicken Tortilla Soup	■ Roasted Baby Carrots ■ Fresh Asparagus ■ Rice Pilaf w/ Orzo ■ Louisiana Cornbread ■ Chicken Noodle Soup	■ Squash/Zucchini ■ Greens Medley ■ Cauliflower Lime "Rice" ■ Egg Rolls ■ Mulligatawny Soup	■ Sautéed Cabbage ■ Baby Carrots w/ Thyme ■ Garlic Mashed Potatoes ■ Yeast Roll ■ Vegetable Beef Soup	■ Peas & Carrots ■ Tuscany Veg. Blend ■ Parsley Potatoes ■ Hawaiian Roll

DINNER

Entrée	■ Roast Turkey (162 kcals, 25 g Pro, 8 g Fat, <1 g CHO) ■ Savory Baked Chicken (537 kcals, 28 g Pro, 46 g Fat, 1 g CHO)	■ Beef Chili Mac (357 kcals, 23 g Pro, 11 g Fat, 42 g CHO) ■ Chicken Tacos (435 kcals, 32 g Pro, 18 g Fat, 34 g CHO)	■ Spaghetti w/ Meat Sauce (465 kcals, 28 g Pro, 12 g Fat, 60 g CHO) ■ Chicken Piccata (321 kcals, 36 g Pro, 13 g Fat, 15 g CHO)	■ Lemon Baked Cod (160 kcals, 30 g Pro, 4 g Fat, <1 g CHO) ■ Chicken Giardino (382 kcals, 27 g Pro, 11 g Fat, 45 g CHO)	■ Cucumber Dill Salmon (309 kcals, 43 g Pro, 13 g Fat, 2 g CHO) ■ Oven Fried Chicken (583 kcals, 28 g Pro, 44 g Fat, 18 g CHO)	■ Beef & Broccoli (217 kcals, 19 g Pro, 8 g Fat, 18 g CHO) ■ Chinese 5 Spice Chicken (361 kcals, 27 g Pro, 27 g Fat, 2 g CHO)	■ Beef Yakisoba (408 kcals, 32 g Pro, 13 g Fat, 38 g CHO) ■ Asian BBQ Chicken (303 kcals, 34 g Pro, 11 g Fat, 16 g CHO)
	■ Peas & Carrots ■ Fresh Green Beans ■ Sweet Potato Wedges ■ Mashed Potatoes	■ Normandy Veg. Blend ■ Sautéed Asparagus ■ Refried Beans ■ Mexican Brown Rice	■ Mixed Vegetables ■ Garlic Roasted Broccoli ■ Bowtie Pasta ■ Garlic Mashed Potatoes	■ Steamed Cauliflower ■ Herbed Green Beans ■ Potato Wedges ■ Hawaiian Roll	■ New Brunswick Veg. Blend ■ Collard Greens ■ Wild Rice ■ Rosemary Roasted Potatoes	■ Mandarin Veg. Stir Fry ■ Brown Rice ■ Sweet Potato Wedges ■ Ginger Glazed Carrots	■ Squash/Zucchini ■ Greens Medley ■ Brown Rice

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WEEK 2

■ = Eat Often

■ = Eat Occasionally

■ = Eat Rarely

	SUN	MON	TUES	WED	THURS	FRI	SAT
	17 AUG	18 AUG	19 AUG	20 AUG	21 AUG	22 AUG	23 AUG

LUNCH

Entrée	Potato Crusted Cod (243 kcals, 23 g Pro, 8 g Fat, 15 g CHO) Braised Beef Cubes (323 kcals, 50 g Pro, 10 g Fat, 9 g CHO)	Chicken Giardino (381 kcals, 27 g Pro, 11 g Fat, 45 g CHO) Grilled Shrimp (195 kcals, 12 g Pro, 10 g Fat, 2 g CHO) Seasoned Chicken (350 kcals, 26 g Pro, 27 g Fat, 2.5 g CHO)	Teriyaki Chicken (228 kcals, 32 g Pro, 6 g Fat, 10 g CHO) Ginger Butter Flounder (242 kcals, 19 g Pro, 18 g Fat, 1 g CHO) Szechuan Beef Stir Fry (356 kcals, 19 g Pro, 19 g Fat, 31 g CHO)	Lemon Garlic Crusted Cod (202 kcals, 21 g Pro, 7 g Fat, 13 g CHO) Seasoned Chicken (350 kcals, 26 g Pro, 27 g Fat, 2.5 g CHO) Hamburger Steak (528 kcals, 28 g Pro, 45 g Fat, 3 g CHO)	Southwestern Salmon (264 kcals, 42 g Pro, 9 g Fat, 2 g CHO) Spicy Garlic Lime Chicken (429 kcals, 26 g Pro, 33 g Fat, 9 g CHO) Beef Fajitas (403 kcals, 29 g Pro, 14 g Fat, 39 g CHO)	Cucumber Dill Salmon (309 kcals, 43 g Pro, 13 g Fat, 2 g CHO) Mediterranean Steak (393 kcals, 27 g Pro, 24 g Fat, 15 g CHO) Seasoned Chicken (350 kcals, 26 g Pro, 27 g Fat, 2.5 g CHO)	Chicken Pot Pie (317 kcals, 22 g Pro, 10 g Fat, 35 g CHO) Beef Pot Roast (240 kcals, 19 g Pro, 17 g Fat, 3 g CHO)
	■ Mixed Vegetables ■ Steamed Broccoli ■ Steamed Rice ■ Egg Noodles	■ Fresh Asparagus ■ Malibu Vegetable Blend ■ Linguine ■ Garlic Mashed Potatoes ■ Minestrone Soup	■ Kung Pao Brussel Sprouts ■ Mandarin Veg. Stir Fry ■ Sweet Potato Wedges ■ Steamed Rice ■ Mulligatawny Soup	■ Collard Greens ■ Seasoned Pinto Beans ■ Corn on the Cob ■ Steamed Rice ■ Chicken Noodle Soup	■ Steamed Broccoli ■ Sautéed Cabbage w/ Peppers ■ Borracho Beans ■ Jalapeno Cornbread ■ Chicken Tortilla Soup	■ Asparagus w/Onions ■ Roasted Cauliflower ■ Parsley Potatoes ■ Greek Rice ■ Vegetable Beef Soup	■ Collard Greens ■ Peas & Pearl Onion ■ Mashed Potatoes ■ Parkerhouse Roll

DINNER

Entrée	Spinach Lasagna (292 kcals, 20 g Pro, 9 g Fat, 36 g CHO) Chicken Primavera (246 kcals, 25 g Pro, 6 g Fat, 24 g CHO)	Potato Crusted Cod (243 kcals, 23 g Pro, 8 g Fat, 15 g CHO) Citrus Herb Chicken (247 kcals, 33 g Pro, 9.5 g Fat, 6 g CHO)	Teriyaki Salmon (268 kcals, 43 g Pro, 9 g Fat, 2 g CHO) Mongolian Beef (266 kcals, 29 g Pro, 11 g Fat, 11 g CHO)	Roast Turkey (162 kcals, 25 g Pro, 8 g Fat, <1 g CHO) Smothered Pork Chop (356 kcals, 23 g Pro, 21 g Fat, 18 g CHO)	Asian BBQ Chicken (303 kcals, 34 g Pro, 11 g Fat, 16 g CHO) Beef Pepper Steak (250 kcals, 34 g Pro, 10 g Fat, 5 g CHO)	Lemon Baked Cod (160 kcals, 30 g Pro, 4 g Fat, <1 g CHO) Rosemary Chicken (369 kcals, 27 g Pro, 29 g Fat, 1 g CHO)	Braised Beef Cubes (323 kcals, 50 g Pro, 10 g Fat, 9 g CHO) Coconut Crusted Tilapia (265 kcals, 27 g Pro, 10 g Fat, 17 g CHO)
	■ Roasted Carrots ■ Sautéed Brussel Sprouts ■ Rice Pilaf ■ Bowtie Pasta	■ New Brunswick Veg. Blend ■ Zucchini & Squash ■ Steamed Rice ■ Mashed Potatoes	■ Sesame Green Beans ■ Mandarin Veg. Stir Fry ■ Brown Rice	■ Normandy Veg. Blend ■ Lyonnaise Green Beans ■ Brown Rice ■ Mashed Potatoes	■ Mandarin Veg. Stir Fry ■ Roasted Cauliflower ■ Steamed Rice ■ Egg Noodles	■ Roasted Squash ■ Herbed Green Beans ■ Brown Rice ■ Roasted Potatoes	■ Bermuda Veg. Blend ■ Sw. Potato Wedges ■ Glazed Carrots ■ Steamed Rice

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WEEK 3

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	SUN	MON	TUES	WED	THURS	FRI	SAT
	24 AUG	25 AUG	26 AUG	27 AUG	28 AUG	29 AUG	30 AUG

LUNCH

Entrée	<p>■ Lemon Garlic Crusted Cod (202 kcals, 21 g Pro, 7 g Fat, 13 g CHO)</p> <p>■ Chicken Cacciatore (184 kcals, 24 g Pro, 7 g Fat, 7 g CHO)</p>	<p>■ Fra Diavolo Shrimp (249 kcals, 11 g Pro, 11 g Fat, 6 g CHO)</p> <p>■ Beef Tagliata (338 kcals, 33 g Pro, 19 g Fat, 7 g CHO)</p> <p>■ Seasoned Chicken (350 kcals, 26 g Pro, 27 g Fat, 2.5 g CHO)</p>	<p>■ Chipotle Lime Tilapia (335 kcals, 21 g Pro, 13 g Fat, 32 g CHO)</p> <p>■ Seasoned Chicken (350 kcals, 26 g Pro, 27 g Fat, 2.5 g CHO)</p> <p>■ Cajun Roasted Pork Loin (196 kcals, 24 g Pro, 10 g Fat, 0 g CHO)</p>	<p>■ Baked Salmon w/ Summer Salsa (287 kcals, 43 g Pro, 11 g Fat, 2 g CHO)</p> <p>■ Seasoned Chicken (350 kcals, 26 g Pro, 27 g Fat, 2.5 g CHO)</p> <p>■ Smoked Sausage w/ Peppers & Onions (523 kcals, 18 g Pro, 45 g Fat, 14 g CHO)</p>	<p>■ Lemon Pepper Tilapia (147 kcals, 26 g Pro, 5 g Fat, <1 g CHO)</p> <p>■ 5 Spice Pork Loin (157 kcals, 20 g Pro, 7 g Fat, 3 g CHO)</p> <p>■ Caribbean Beef Curry (364 kcals, 42 g Pro, 15 g Fat, 17 g CHO)</p>	<p>■ Lemon Garlic Crusted Cod (202 kcals, 21 g Pro, 7 g Fat, 13 g CHO)</p> <p>■ Mr. Powell's Chicken Wings (500 kcals, 37 g Pro, 34 g Fat, 13 g CHO)</p> <p>■ Seasoned Chicken (350 kcals, 26 g Pro, 27 g Fat, 2.5 g CHO)</p>	<p>■ Chicken Parmesan (288 kcals, 23 g Pro, 9 g Fat, 31 g CHO)</p> <p>■ Spaghetti w/ Meatballs (578 kcals, 24 g Pro, 22 g Fat, 72 g CHO)</p>
Starches, Sides & Soup	<p>■ Squash/Zucchini</p> <p>■ Steamed Broccoli</p> <p>■ Bowtie Pasta</p> <p>■ Steamed Rice</p>	<p>■ Fresh Asparagus</p> <p>■ Sautéed Brussel Sprouts</p> <p>■ Roasted Italian Vegetable</p> <p>■ Rice Pilaf w/ Orzo</p> <p>■ Toscana Soup</p>	<p>■ Sautéed Kale</p> <p>■ Mexican Roasted Veg.</p> <p>■ Paprika Potatoes</p> <p>■ Cilantro Lime Rice</p> <p>■ Chicken Tortilla Soup</p>	<p>■ Sautéed Cabbage</p> <p>■ Fresh Asparagus</p> <p>■ Roasted Squash</p> <p>■ Wild Rice</p> <p>■ Parsley Potatoes</p> <p>■ Chicken Noodle Soup</p>	<p>■ Savory Root Vegetables</p> <p>■ Roasted Green Beans</p> <p>■ Greens Medley</p> <p>■ Potstickers</p> <p>■ Mulligatawny Soup</p>	<p>■ Roasted Baby Carrots</p> <p>■ Red Potato Wedges</p> <p>■ Sautéed Zucchini w/ Onions</p> <p>■ Rice Pilaf w/Orzo</p> <p>■ Vegetable Beef Soup</p>	<p>■ Italian Veg. Blend</p> <p>■ Sautéed Broccoli</p> <p>■ Linguine</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 (498 kcals, 34 g Pro, 22 g Fat, 42 g CHO)</p>	<p>■ Rosemary Chicken (369 kcals, 27 g Pro, 29 g Fat, 1 g CHO)</p> <p>■ Baked Penne (388 kcals, 28 g Pro, 18 g Fat, 30 g CHO)</p>	<p>■ Szechuan Chicken (407 kcals, 27 g Pro, 28 g Fat, 14 g CHO)</p> <p>■ 5 Spice Pork Loin (157 kcals, 20 g Pro, 7 g Fat, 3 g CHO)</p>	<p>■ Meatloaf w/ Brown Gravy (334 kcals, 30 g Pro, 15 g Fat, 19 g CHO)</p> <p>■ BBQ Chicken (424 kcals, 27 g Pro, 28 g Fat, 16 g CHO)</p>	<p>■ Chicken Cutlet (274 kcals, 34 g Pro, 11 g Fat, 8 g CHO)</p> <p>■ Lemon Baked Cod (160 kcals, 30 g Pro, 4 g Fat, <1 g CHO)</p>	<p>■ Mongolian Chicken (200 kcals, 19 g Pro, 6 g Fat, 20 g CHO)</p> <p>■ Braised Pork Chop (259 kcals, 21 g Pro, 15 g Fat, 19 g CHO)</p>	<p>■ Baked Chicken (352 kcals, 26 g Pro, 27 g Fat, <1 g CHO)</p> <p>■ Swedish Meatballs (393 kcals, 24 g Pro, 28 g Fat, 11 g CHO)</p>
Starches & Sides	<p>■ Italian Veg. Blend</p> <p>■ Roasted Squash</p> <p>■ Linguine</p> <p>■ Hawaiian Roll</p>	<p>■ Peas & Carrots</p> <p>■ Sautéed Spinach</p> <p>■ Garlic Mashed Potatoes</p> <p>■ Garlic Bread</p>	<p>■ Sautéed Green Beans</p> <p>■ Peas and Carrots</p> <p>■ Paprika Potatoes</p> <p>■ Steamed Rice</p>	<p>■ Collard Greens</p> <p>■ Glazed Baby Carrots</p> <p>■ Steamed Rice</p> <p>■ Mashed Potatoes</p>	<p>■ Sautéed Cabbage</p> <p>■ Seasoned Green Beans</p> <p>■ Parsley Potatoes</p> <p>■ Steamed Rice</p>	<p>■ Normandy Veg. Blend</p> <p>■ Garlic Roasted Broccoli</p> <p>■ Brown Rice</p> <p>■ Mashed Potatoes</p>	<p>■ Asparagus</p> <p>■ Peas and Carrots</p> <p>■ Brown Rice</p> <p>■ Egg Noodles</p>