

# 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
<b>Eggs &amp; Meat</b>	<span style="color: yellow;">■</span> Assorted Eggs <span style="color: red;">■</span> Bacon <span style="color: red;">■</span> Pork Sausage	<span style="color: green;">■</span> Grilled Chicken Breast <span style="color: yellow;">■</span> Assorted Eggs <span style="color: yellow;">■</span> Chicken Sausage <span style="color: yellow;">■</span> Steak & Eggs <span style="color: red;">■</span> Sausage Gravy <span style="color: red;">■</span> Bacon	<span style="color: green;">■</span> Turkey TX Hash <span style="color: yellow;">■</span> Turkey Sausage Gravy <span style="color: yellow;">■</span> Assorted Eggs <span style="color: yellow;">■</span> Turkey Bacon <span style="color: red;">■</span> Bacon <span style="color: red;">■</span> Pork Sausage Links	<span style="color: green;">■</span> Grilled Chicken Breast <span style="color: yellow;">■</span> Assorted Eggs <span style="color: yellow;">■</span> Chicken Sausage <span style="color: red;">■</span> Sausage Gravy <span style="color: red;">■</span> Bacon <span style="color: red;">■</span> Smoked Sausage	<span style="color: yellow;">■</span> Turkey Sausage Gravy <span style="color: yellow;">■</span> Assorted Eggs <span style="color: yellow;">■</span> Turkey Sausage Patty <span style="color: red;">■</span> Corned Beef Hash <span style="color: red;">■</span> Bacon	<span style="color: green;">■</span> Grilled Chicken Breast <span style="color: yellow;">■</span> Assorted Eggs <span style="color: yellow;">■</span> Chicken Sausage <span style="color: red;">■</span> Sausage Gravy <span style="color: red;">■</span> Bacon <span style="color: red;">■</span> Country Pork Sausage	<span style="color: yellow;">■</span> Assorted Eggs <span style="color: red;">■</span> Bacon <span style="color: red;">■</span> Pork Sausage
<b>Starches &amp; Sides</b>	<span style="color: green;">■</span> Fresh Fruit <span style="color: red;">■</span> Hash Brown <span style="color: red;">■</span> Biscuit <span style="color: red;">■</span> Pancake	<span style="color: green;">■</span> Fresh Fruit <span style="color: green;">■</span> Assorted Veg. <span style="color: red;">■</span> Home Fried Potatoes <span style="color: red;">■</span> Biscuit <span style="color: red;">■</span> Ham, Egg & Cheese Croissant	<span style="color: green;">■</span> Fresh Fruit <span style="color: green;">■</span> Assorted Veg. <span style="color: yellow;">■</span> Breakfast Taco <span style="color: red;">■</span> Home Fried Potatoes <span style="color: red;">■</span> Cinnamon Twist	<span style="color: green;">■</span> Fresh Fruit <span style="color: green;">■</span> Assorted Veg. <span style="color: red;">■</span> Home Fried Potatoes <span style="color: red;">■</span> Biscuit <span style="color: red;">■</span> Hash Brown Breakfast Sandwich	<span style="color: green;">■</span> Fresh Fruit <span style="color: green;">■</span> Assorted Veg. <span style="color: red;">■</span> Hash Brown <span style="color: red;">■</span> Biscuit <span style="color: red;">■</span> Cinnamon Roll	<span style="color: green;">■</span> Fresh Fruit <span style="color: green;">■</span> Assorted Veg. <span style="color: red;">■</span> Home Fried Potatoes <span style="color: red;">■</span> Sausage, Egg, & Cheese Biscuit <span style="color: red;">■</span> Apple Turnover	<span style="color: green;">■</span> Fresh Fruit <span style="color: red;">■</span> Hash Brown <span style="color: red;">■</span> Biscuit <span style="color: red;">■</span> French Toast

## PERFORMANCE BAR

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

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

## SHORT ORDER GRILL

<b>Breakfast</b>		Made to Order Eggs & Omelets Egg substitute available upon request	
<b>Lunch &amp; Dinner</b>	<span style="color: green;">■</span> Veggie Burger <span style="color: green;">■</span> Turkey Burger <span style="color: green;">■</span> Salmon Burger	<span style="color: green;">■</span> Grilled Chicken Sandwich <span style="color: yellow;">■</span> Hamburger <span style="color: yellow;">■</span> Cheeseburger	<span style="color: yellow;">■</span> Grilled Cheese <span style="color: yellow;">■</span> Grilled Ham & Cheese <span style="color: red;">■</span> Hot Dog
			<span style="color: red;">■</span> French Fries <span style="color: red;">■</span> 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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# 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
	31 AUG	01 SEPT	02 SEPT	03 SEPT	04 SEPT	05 SEPT	06 SEPT

## LUNCH

<b>Entrée</b>	<p>■ Citrus Herb Chicken (193 kcals, 24 g Pro, 8 g Fat, 6 g CHO)</p> <p>■ Oven Fried Pork Chop (342 kcals, 25 g Pro, 17 g Fat, 21 g CHO)</p>	<p>■ Seasoned Chicken (350 kcals, 26 g Pro, 27 g Fat, 2.5 g CHO)</p> <p>■ Lemon Shrimp Spaghetti (612 kcals, 26 g Pro, 22 g Fat, 69 g CHO)</p>	<p>■ Stuffed Bell Peppers (265 kcals, 16 g Pro, 8 g Fat, 35 g CHO)</p> <p>■ Mexican Chicken Qtr. (361 kcals, 26 g Pro, 28 g Fat, 2 g CHO)</p> <p>■ Churrasco Steak w/ Chimichurri Sauce (421 kcals, 26 g Pro, 33 g Fat, 5 g CHO)</p>	<p>■ Lemon Pepper Tilapia (152 kcals, 26 g Pro, 5 g Fat, &lt;1 g CHO)</p> <p>■ Seasoned Chicken (350 kcals, 26 g Pro, 27 g Fat, 2.5 g CHO)</p> <p>■ Smoked Sausage &amp; Red Beans (690 kcals, 29 g Pro, 48 g Fat, 40 g CHO)</p>	<p>■ Kung Pao Chicken (295 kcals, 42 g Pro, 8 g Fat, 12 g CHO)</p> <p>■ Sriracha Salmon (397 kcals, 45 g Pro, 17 g Fat, 15 g CHO)</p> <p>■ Mongolian Beef (266 kcals, 29 g Pro, 11 g Fat, 11 g CHO)</p>	<p>■ Seasoned Chicken (350 kcals, 26 g Pro, 27 g Fat, 2.5 g CHO)</p> <p>■ Beef Meatloaf (330 kcals, 29 g Pro, 14 g Fat, 18 g CHO)</p> <p>■ Cajun Crusted Catfish (336 kcals, 37 g Pro, 1 g Fat, 39 g CHO)</p>	<p>■ Chicken Alfredo (373 kcals, 23 g Pro, 14 g Fat, 39 g CHO)</p> <p>■ Rosemary &amp; Garlic Roasted Pork Loin (218 kcals, 26 g Pro, 11 g Fat, 1 g CHO)</p>
<b>Starches, Sides &amp; Soup</b>	<p>■ Sautéed Spinach</p> <p>■ Roasted Baby Carrots</p> <p>■ Oven Roasted Potato</p> <p>■ Mac &amp; Cheese</p>	<p>■ Roasted Broccoli</p> <p>■ Mediterranean Veg.</p> <p>■ Parsley Potatoes</p> <p>■ Herbed Brown Rice</p> <p>■ Lasagna Soup</p>	<p>■ Garlic Green Beans</p> <p>■ Mexican Corn</p> <p>■ Paprika Potatoes</p> <p>■ Jalapeno Brown Rice</p> <p>■ Chicken Tortilla Soup</p>	<p>■ Roasted Baby Carrots</p> <p>■ Fresh Asparagus</p> <p>■ Rice Pilaf w/ Orzo</p> <p>■ Louisiana Cornbread</p> <p>■ Chicken Noodle Soup</p>	<p>■ Squash/Zucchini</p> <p>■ Greens Medley</p> <p>■ Cauliflower Lime "Rice"</p> <p>■ Egg Rolls</p> <p>■ Mulligatawny Soup</p>	<p>■ Sautéed Cabbage</p> <p>■ Baby Carrots w/ Thyme</p> <p>■ Garlic Mashed Potatoes</p> <p>■ Yeast Roll</p> <p>■ Vegetable Beef Soup</p>	<p>■ Peas &amp; Carrots</p> <p>■ Tuscany Veg. Blend</p> <p>■ Parsley Potatoes</p> <p>■ Hawaiian Roll</p>

## DINNER

<b>Entrée</b>	<p>■ Roast Turkey (162 kcals, 25 g Pro, 8 g Fat, &lt;1 g CHO)</p> <p>■ Savory Baked Chicken (537 kcals, 28 g Pro, 46 g Fat, 1 g CHO)</p>	<p>■ Beef Chili Mac (357 kcals, 23 g Pro, 11 g Fat, 42 g CHO)</p> <p>■ Chicken Tacos (435 kcals, 32 g Pro, 18 g Fat, 34 g CHO)</p>	<p>■ Spaghetti w/ Meat Sauce (465 kcals, 28 g Pro, 12 g Fat, 60 g CHO)</p> <p>■ Chicken Piccata (323 kcals, 36 g Pro, 14 g Fat, 15 g CHO)</p>	<p>■ Lemon Baked Cod (160 kcals, 30 g Pro, 4 g Fat, &lt;1 g CHO)</p> <p>■ Chicken Giardino (381 kcals, 27 g Pro, 11 g Fat, 45 g CHO)</p>	<p>■ Cucumber Dill Salmon (309 kcals, 43 g Pro, 13 g Fat, 2 g CHO)</p> <p>■ Oven Fried Chicken (580 kcals, 28 g Pro, 44 g Fat, 18 g CHO)</p>	<p>■ Beef &amp; Broccoli (244 kcals, 23 g Pro, 9 g Fat, 19 g CHO)</p> <p>■ Chinese 5 Spice Chicken (358 kcals, 27 g Pro, 27 g Fat, 1 g CHO)</p>	<p>■ Beef Yakisoba (405 kcals, 31 g Pro, 13 g Fat, 37 g CHO)</p> <p>■ Asian BBQ Chicken (296 kcals, 34 g Pro, 10 g Fat, 18 g CHO)</p>
<b>Starches &amp; Sides</b>	<p>■ Peas &amp; Carrots</p> <p>■ Fresh Green Beans</p> <p>■ Sweet Potato Wedges</p> <p>■ Mashed Potatoes</p>	<p>■ Normandy Veg. Blend</p> <p>■ Sautéed Asparagus</p> <p>■ Refried Beans</p> <p>■ Mexican Brown Rice</p>	<p>■ Mixed Vegetables</p> <p>■ Garlic Roasted Broccoli</p> <p>■ Bowtie Pasta</p> <p>■ Garlic Mashed Potatoes</p>	<p>■ Steamed Cauliflower</p> <p>■ Herbed Green Beans</p> <p>■ Potato Wedges</p> <p>■ Hawaiian Roll</p>	<p>■ New Brunswick Veg. Blend</p> <p>■ Collard Greens</p> <p>■ Wild Rice</p> <p>■ Rosemary Roasted Potatoes</p>	<p>■ Mandarin Veg. Stir Fry</p> <p>■ Brown Rice</p> <p>■ Sweet Potato Wedges</p> <p>■ Ginger Glazed Carrots</p>	<p>■ Squash/Zucchini</p> <p>■ Greens Medley</p> <p>■ Brown Rice</p>

# BLUE RIBBON BISTRO MENU



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

**WEEK 2**

■ = Eat Often

■ = Eat Occasionally

■ = Eat Rarely

	SUN	MON	TUES	WED	THURS	FRI	SAT
	07 SEPT	08 SEPT	09 SEPT	10 SEPT	11 SEPT	12 SEPT	13 SEPT

## LUNCH

Entrée	<p>■ <b>Potato Crusted Cod</b> (242 kcals, 24 g Pro, 8 g Fat, 15 g CHO)</p> <p>■ <b>Braised Beef Cubes</b> (251 kcals, 38 g Pro, 8 g Fat, 9 g CHO)</p>	<p>■ <b>Chicken Giardino</b> (385 kcals, 27 g Pro, 11 g Fat, 45 g CHO)</p> <p>■ <b>Grilled Shrimp</b> (197 kcals, 12 g Pro, 11 g Fat, 2 g CHO)</p> <p>■ <b>Seasoned Chicken</b> (350 kcals, 26 g Pro, 27 g Fat, 2.5 g CHO)</p>	<p>■ <b>Southwestern Salmon</b> (264 kcals, 42 g Pro, 8 g Fat, 2 g CHO)</p> <p>■ <b>Spicy Garlic Lime Chicken</b> (430 kcals, 26 g Pro, 33 g Fat, 9 g CHO)</p> <p>■ <b>Beef Fajitas</b> (403 kcals, 29 g Pro, 14 g Fat, 39 g CHO)</p>	<p>■ <b>Lemon Garlic Crusted Cod</b> (201 kcals, 21 g Pro, 7 g Fat, 13 g CHO)</p> <p>■ <b>Seasoned Chicken</b> (350 kcals, 26 g Pro, 27 g Fat, 2.5 g CHO)</p> <p>■ <b>Hamburger Steak</b> (533 kcals, 28 g Pro, 46 g Fat, 4 g CHO)</p>	<p>■ <b>Teriyaki Chicken</b> (262 kcals, 38 g Pro, 7 g Fat, 10 g CHO)</p> <p>■ <b>Szechuan Beef Stir Fry</b> (356 kcals, 19 g Pro, 19 g Fat, 31 g CHO)</p> <p>■ <b>Ginger Butter Flounder</b> (242 kcals, 19 g Pro, 18 g Fat, 1 g CHO)</p>	<p>■ <b>Cucumber Dill Salmon</b> (309 kcals, 43 g Pro, 13 g Fat, 2 g CHO)</p> <p>■ <b>Seasoned Chicken</b> (350 kcals, 26 g Pro, 27 g Fat, 2.5 g CHO)</p> <p>■ <b>Beef Brisket w/ Chimichurri Sauce</b> (631 kcals, 42 g Pro, 50 g Fat, 7 g CHO)</p>	<p>■ <b>Chicken Pot Pie</b> (317 kcals, 22 g Pro, 10 g Fat, 35 g CHO)</p> <p>■ <b>Beef Pot Roast</b> (240 kcals, 19 g Pro, 17 g Fat, 3 g CHO)</p>
Starches, Sides & Soup	<p>■ Mixed Vegetables</p> <p>■ Steamed Broccoli</p> <p>■ Steamed Rice</p> <p>■ Egg Noodles</p>	<p>■ Fresh Asparagus</p> <p>■ Malibu Vegetable Blend</p> <p>■ Linguine</p> <p>■ Garlic Mashed Potatoes</p> <p>■ Minestrone Soup</p>	<p>■ Steamed Broccoli</p> <p>■ Sauteed Cabbage w/ Peppers</p> <p>■ Borracho Beans</p> <p>■ Jalapeno Cornbread</p> <p>■ Chicken Tortilla Soup</p>	<p>■ Collard Greens</p> <p>■ Seasoned Pinto Beans</p> <p>■ Corn on the Cob</p> <p>■ Steamed Rice</p> <p>■ Chicken Noodle Soup</p>	<p>■ Mandarin Veg. Stir Fry</p> <p>■ Kung Pao Brussel Sprouts</p> <p>■ Sweet Potato Wedges</p> <p>■ Steamed Rice</p> <p>■ Mulligatawny Soup</p>	<p>■ Asparagus w/Onions</p> <p>■ Roasted Carrots</p> <p>■ Parsley Potatoes</p> <p>■ Baked Mac &amp; Cheese</p> <p>■ Vegetable Beef Soup</p>	<p>■ Collard Greens</p> <p>■ Peas &amp; Pearl Onion</p> <p>■ Mashed Potatoes</p> <p>■ Parkerhouse Roll</p>

## DINNER

Entrée	<p>■ <b>Spinach Lasagna</b> (290 kcals, 20 g Pro, 9 g Fat, 36 g CHO)</p> <p>■ <b>Chicken Primavera</b> (246 kcals, 25 g Pro, 6 g Fat, 24 g CHO)</p>	<p>■ <b>Potato Crusted Cod</b> (242 kcals, 24 g Pro, 8 g Fat, 15 g CHO)</p> <p>■ <b>Citrus Herb Chicken</b> (193 kcals, 24 g Pro, 8 g Fat, 6 g CHO)</p>	<p>■ <b>Asian BBQ Chicken</b> (296kcals, 34 g Pro, 10 g Fat, 18 g CHO)</p> <p>■ <b>Beef Pepper Steak</b> (250 kcals, 34 g Pro, 10 g Fat, 6 g CHO)</p>	<p>■ <b>Roast Turkey</b> (162 kcals, 25 g Pro, 8 g Fat, &lt;1 g CHO)</p> <p>■ <b>Smothered Pork Chop</b> (356 kcals, 23 g Pro, 21 g Fat, 18 g CHO)</p>	<p>■ <b>Teriyaki Salmon</b> (267 kcals, 43 g Pro, 9 g Fat, 2 g CHO)</p> <p>■ <b>Mongolian Beef</b> (266 kcals, 29 g Pro, 11 g Fat, 11 g CHO)</p>	<p>■ <b>Lemon Baked Cod</b> (160 kcals, 30 g Pro, 4 g Fat, &lt;1 g CHO)</p> <p>■ <b>Rosemary Chicken</b> (369 kcals, 27 g Pro, 29 g Fat, 1 g CHO)</p>	<p>■ <b>Sirloin Tip w/ Mushroom Gravy</b> (181 kcals, 21 g Pro, 7 g Fat, 6 g CHO)</p> <p>■ <b>Coconut Crusted Tilapia</b> (273 kcals, 27 g Pro, 11 g Fat, 17 g CHO)</p>
Starches & Sides	<p>■ Roasted Carrots</p> <p>■ Sautéed Brussel Sprouts</p> <p>■ Rice Pilaf</p> <p>■ Bowtie Pasta</p>	<p>■ New Brunswick Veg. Blend</p> <p>■ Zucchini &amp; Squash</p> <p>■ Steamed Rice</p> <p>■ Mashed Potatoes</p>	<p>■ Mandarin Veg. Stir Fry</p> <p>■ Roasted Cauliflower</p> <p>■ Steamed Rice</p> <p>■ Egg Noodles</p>	<p>■ Normandy Veg. Blend</p> <p>■ Lyonnaise Green Beans</p> <p>■ Brown Rice</p> <p>■ Mashed Potatoes</p>	<p>■ Sesame Green Beans</p> <p>■ Mandarin Veg. Stir Fry</p> <p>■ Brown Rice</p>	<p>■ Roasted Squash</p> <p>■ Herbed Green Beans</p> <p>■ Brown Rice</p> <p>■ Roasted Potatoes</p>	<p>■ Bermuda Veg. Blend</p> <p>■ Sw. Potato Wedges</p> <p>■ Glazed Carrots</p> <p>■ Steamed Rice</p>

# 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
	14 SEPT	15 SEPT	16 SEPT	17 SEPT	18 SEPT	19 SEPT	20 SEPT

## LUNCH

	SUN	MON	TUES	WED	THURS	FRI	SAT
	14 SEPT	15 SEPT	16 SEPT	17 SEPT	18 SEPT	19 SEPT	20 SEPT
<b>Entrée</b>	<span style="color: green;">■</span> <b>Lemon Garlic Crusted Cod</b> (201 kcals, 21 g Pro, 7 g Fat, 13 g CHO) <span style="color: green;">■</span> <b>Chicken Cacciatore</b> (193 kcals, 25 g Pro, 7 g Fat, 7 g CHO)	<span style="color: yellow;">■</span> <b>Shrimp Scampi</b> (228 kcals, 13 g Pro, 14 g Fat, 3 g CHO) <span style="color: yellow;">■</span> <b>Beef Bolognese Lasagna</b> (499 kcals, 34 g Pro, 23 g Fat, 42 g CHO) <span style="color: yellow;">■</span> <b>Seasoned Chicken</b> (350 kcals, 26 g Pro, 27 g Fat, 2.5 g CHO)	<span style="color: green;">■</span> <b>Chipotle Lime Tilapia</b> (333 kcals, 21 g Pro, 13 g Fat, 32 g CHO) <span style="color: yellow;">■</span> <b>Seasoned Chicken</b> (350 kcals, 26 g Pro, 27 g Fat, 2.5 g CHO) <span style="color: green;">■</span> <b>Cajun Roasted Pork Loin</b> (196 kcals, 24 g Pro, 10 g Fat, 0 g CHO)	<span style="color: green;">■</span> <b>Baked Salmon w/ Summer Salsa</b> (287 kcals, 43 g Pro, 11 g Fat, 2 g CHO) <span style="color: yellow;">■</span> <b>Seasoned Chicken</b> (350 kcals, 26 g Pro, 27 g Fat, 2.5 g CHO) <span style="color: red;">■</span> <b>Smoked Sausage w/ Peppers &amp; Onions</b> (523 kcals, 18 g Pro, 45 g Fat, 14 g CHO)	<span style="color: green;">■</span> <b>Lemon Pepper Tilapia</b> (152 kcals, 26 g Pro, 5 g Fat, <1 g CHO) <span style="color: green;">■</span> <b>5 Spice Pork Loin</b> (157 kcals, 20 g Pro, 7 g Fat, 3 g CHO) <span style="color: green;">■</span> <b>Caribbean Beef Curry</b> (364 kcals, 42 g Pro, 15 g Fat, 17 g CHO)	<span style="color: green;">■</span> <b>Lemon Garlic Crusted Cod</b> (201 kcals, 21 g Pro, 7 g Fat, 13 g CHO) <span style="color: yellow;">■</span> <b>Seasoned Chicken</b> (350 kcals, 26 g Pro, 27 g Fat, 2.5 g CHO) <span style="color: red;">■</span> <b>Sam's Pork Spareribs</b> (589 kcals, 41 g Pro, 37 g Fat, 26 g CHO)	<span style="color: green;">■</span> <b>Chicken Giardino</b> (385 kcals, 27 g Pro, 11 g Fat, 45 g CHO) <span style="color: green;">■</span> <b>Baked Salmon w/ Summer Salsa</b> (287 kcals, 43 g Pro, 11 g Fat, 2 g CHO) <span style="color: yellow;">■</span> <b>Herb Crusted Flank Steak</b> (229 kcals, 25 g Pro, 11 g Fat, 13 g CHO)
<b>Starches, Sides &amp; Soup</b>	<span style="color: green;">■</span> Squash/Zucchini <span style="color: green;">■</span> Steamed Broccoli <span style="color: yellow;">■</span> Bowtie Pasta <span style="color: yellow;">■</span> Steamed Rice	<span style="color: green;">■</span> Fresh Asparagus <span style="color: green;">■</span> Sautéed Brussel Sprouts <span style="color: green;">■</span> Roasted Italian Vegetable <span style="color: green;">■</span> Rice Pilaf w/ Orzo <span style="color: green;">■</span> Toscana Soup	<span style="color: green;">■</span> Sautéed Kale <span style="color: green;">■</span> Mexican Roasted Veg. <span style="color: green;">■</span> Paprika Potatoes <span style="color: yellow;">■</span> Cilantro Lime Rice <span style="color: green;">■</span> Chicken Tortilla Soup	<span style="color: green;">■</span> Sautéed Cabbage <span style="color: green;">■</span> Fresh Asparagus <span style="color: green;">■</span> Roasted Squash <span style="color: green;">■</span> Mexican Brown Rice <span style="color: yellow;">■</span> Potatoes O'Brien <span style="color: green;">■</span> Chicken Noodle Soup	<span style="color: green;">■</span> Savory Root Vegetables <span style="color: green;">■</span> Roasted Green Beans <span style="color: green;">■</span> Greens Medley <span style="color: yellow;">■</span> Potstickers <span style="color: red;">■</span> Mulligatawny Soup	<span style="color: green;">■</span> Roasted Baby Carrots <span style="color: green;">■</span> Red Potato Wedges <span style="color: green;">■</span> Sautéed Zucchini w/ Onions <span style="color: yellow;">■</span> Rice Pilaf w/Orzo <span style="color: green;">■</span> Vegetable Beef Soup	<span style="color: green;">■</span> Roasted Mediterranean Vegetables <span style="color: green;">■</span> Sautéed Broccoli <span style="color: green;">■</span> Herbed Brown Rice <span style="color: green;">■</span> Greek Potatoes <span style="color: yellow;">■</span> Yeast Roll

## DINNER

	SUN	MON	TUES	WED	THURS	FRI	SAT
	14 SEPT	15 SEPT	16 SEPT	17 SEPT	18 SEPT	19 SEPT	20 SEPT
<b>Entrée</b>	<span style="color: green;">■</span> <b>Chicken Parmesan</b> (288 kcals, 23 g Pro, 9 g Fat, 31 g CHO) <span style="color: red;">■</span> <b>Italian Pork Chop</b> (255 kcals, 24 g Pro, 16 g Fat, 4 g CHO)	<span style="color: yellow;">■</span> <b>Rosemary Chicken</b> (369 kcals, 27 g Pro, 29 g Fat, 1 g CHO) <span style="color: yellow;">■</span> <b>Baked Penne</b> (388 kcals, 28 g Pro, 18 g Fat, 30 g CHO)	<span style="color: yellow;">■</span> <b>Szechuan Chicken</b> (407 kcals, 27 g Pro, 28 g Fat, 14 g CHO) <span style="color: green;">■</span> <b>5 Spice Pork Loin</b> (157 kcals, 20 g Pro, 7 g Fat, 3 g CHO)	<span style="color: yellow;">■</span> <b>Meatloaf w/ Brown Gravy</b> (334 kcals, 30 g Pro, 15 g Fat, 19 g CHO) <span style="color: yellow;">■</span> <b>BBQ Chicken</b> (424 kcals, 27 g Pro, 28 g Fat, 16 g CHO)	<span style="color: green;">■</span> <b>Chicken Cutlet</b> (274 kcals, 34 g Pro, 11 g Fat, 8 g CHO) <span style="color: green;">■</span> <b>Lemon Baked Cod</b> (160 kcals, 30 g Pro, 4 g Fat, <1 g CHO)	<span style="color: yellow;">■</span> <b>Mongolian Chicken</b> (201 kcals, 19 g Pro, 6 g Fat, 20 g CHO) <span style="color: yellow;">■</span> <b>Braised Pork Chop</b> (257 kcals, 21 g Pro, 14 g Fat, 19 g CHO)	<span style="color: yellow;">■</span> <b>Baked Chicken</b> (352 kcals, 26 g Pro, 27 g Fat, <1 g CHO) <span style="color: yellow;">■</span> <b>Swedish Meatballs</b> (393 kcals, 24 g Pro, 28 g Fat, 11 g CHO)
<b>Starches &amp; Sides</b>	<span style="color: green;">■</span> Italian Veg. Blend <span style="color: green;">■</span> Roasted Squash <span style="color: yellow;">■</span> Linguine <span style="color: yellow;">■</span> Hawaiian Roll	<span style="color: green;">■</span> Peas & Carrots <span style="color: green;">■</span> Sautéed Spinach <span style="color: yellow;">■</span> Garlic Mashed Potatoes <span style="color: red;">■</span> Garlic Bread	<span style="color: green;">■</span> Sautéed Green Beans <span style="color: green;">■</span> Peas and Carrots <span style="color: green;">■</span> Paprika Potatoes <span style="color: yellow;">■</span> Steamed Rice	<span style="color: green;">■</span> Collard Greens <span style="color: yellow;">■</span> Glazed Baby Carrots <span style="color: yellow;">■</span> Steamed Rice <span style="color: yellow;">■</span> Mashed Potatoes	<span style="color: green;">■</span> Sautéed Cabbage <span style="color: green;">■</span> Seasoned Green Beans <span style="color: green;">■</span> Parsley Potatoes <span style="color: yellow;">■</span> Steamed Rice	<span style="color: green;">■</span> Normandy Veg. Blend <span style="color: green;">■</span> Garlic Roasted Broccoli <span style="color: green;">■</span> Brown Rice <span style="color: yellow;">■</span> Mashed Potatoes	<span style="color: green;">■</span> Asparagus <span style="color: green;">■</span> Peas and Carrots <span style="color: green;">■</span> Brown Rice <span style="color: yellow;">■</span> Egg Noodles

