

# BLUE RIBBON BISTRO MENU



## BREAKFAST

■ = Eat Often

■ = Eat Occasionally

■ = Eat Rarely

	SUN	MON	TUES	WED	THURS	FRI	SAT
<b>Eggs &amp; Meat</b>	■ Assorted Eggs ■ Bacon & Sausage	■ Plant Based Patty ■ Assorted Eggs ■ Chicken Sausage ■ Sausage Gravy ■ Bacon	■ Turkey TX Hash ■ Creamed Ground Turkey ■ Assorted Eggs ■ Turkey Bacon ■ Bacon & Pork Sausage	■ Assorted Eggs ■ Ham Slice ■ Chicken Sausage ■ Pork Sausage Link ■ Sausage Gravy ■ Bacon	■ Creamed Ground Turkey ■ Assorted Eggs ■ Turkey Bacon ■ Corned Beef Hash ■ Bacon & Pork Sausage	■ Plant Based Patty ■ Assorted Eggs ■ Chicken Sausage ■ Sausage Gravy ■ Bacon	■ Assorted Eggs ■ Bacon & Sausage
<b>Starches &amp; Sides</b>	■ Fresh Fruit ■ Hash Brown ■ Biscuit	■ Fresh Fruit ■ Assorted Veg. ■ Home Fried Potatoes ■ Biscuit	■ Fresh Fruit ■ Assorted Veg. ■ Home Fried Potatoes ■ Biscuit	■ Fresh Fruit ■ Assorted Veg. ■ Home Fried Potatoes ■ Biscuit	■ Fresh Fruit ■ Assorted Veg. ■ Hash Brown Patty ■ Biscuit	■ Fresh Fruit ■ Assorted Veg. ■ Home Fried Potatoes ■ Biscuit	■ Fresh Fruit ■ Hash Brown ■ Patty ■ Biscuit

## 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>	■ Veggie Burger ■ Turkey Burger ■ Salmon Burger	■ Grilled Chicken Sandwich ■ Hamburger ■ Cheeseburger	■ Grilled Cheese ■ Grilled Ham & Cheese ■ Hot Dog ■ 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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Menu item & prices subject to change based on item availability

# BLUE RIBBON BISTRO MENU



## WEEK 1

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

**SUN**

**10 SEP**

**MON**

**11 SEP**

**TUES**

**12 SEP**

**WED**

**13 SEP**

**THURS**

**14 SEP**

**FRI**

**15 SEP**

**SAT**

**16 SEP**

## LUNCH

### Entrée

■ Baked Tuna Noodles  
■ Braised Beef Cubes

■ Chicken Cacciatore  
■ Italian Pork Chop

■ Spicy Garlic Lime Chicken  
■ Beef Chili Mac  
■ Swiss Steak w/Gravy

■ Salmon Croquette  
■ Spaghetti w/ Meat Sauce  
■ Oven Fried Chicken

■ Szechwan Chicken  
■ Lemon Baked Cod  
■ Sweet Chili Meatballs

■ Savory Greek Chicken Quarter  
■ Stroganoff Beef  
■ Shrimp Scampi

■ Spinach & Cheese Ravioli  
■ Chicken Pot pie

### Starches & Sides

■ Steamed Broccoli  
■ Roasted Baby Carrots  
■ Whole Grain Roll  
■ Egg Noodles

■ Ratatouille  
■ Italian Veg. Blend  
■ Herbed Brown Rice  
■ Mashed Potato  
■ Linguine Pasta  
■ Garlic Bread

■ Steamed Broccoli  
■ Mexican Corn  
■ Refried Beans  
■ Cilantro Lime Rice  
■ Jalapeno Cornbread

■ Collard Greens  
■ Corn on the Cob  
■ Seasoned Pinto Beans  
■ Mashed Potatoes  
■ Baked Mac & Cheese  
■ Louisiana Cornbread

■ Steamed Green Beans  
■ Teriyaki Glazed Sweet Potatoes  
■ Sautéed Cabbage  
■ Hawaiian Rolls  
■ Steamed Rice

■ Garlic Asparagus  
■ Parsley Buttered Potatoes  
■ Orzo w/Lemon&Herbs  
■ Yeast Roll

■ Herbed Green Beans  
■ Garlic Roasted Broccoli  
■ Garlic Bread

## DINNER

### Entrée

■ Teriyaki Salmon  
■ Mongolian Beef

■ Chicken Primavera  
■ Spinach Lasagna

■ Potato Crusted Cod  
■ Swedish Meatballs

■ Turkey Tetrazini  
■ Smothered Pork Chop

■ Beef Yakisoba  
■ Asian Barbecue Chicken

■ Rosemary Garlic Chicken  
■ Lemon Baked Cod

■ Coconut Tilapia  
■ Dominican Pork Chops

### Starches & Sides

■ Mandarin Stir Fry  
■ Glazed Green Beans  
■ Brown Rice  
■ Fried Rice

■ Herbed Green Beans  
■ Roasted Baby Carrots  
■ Bowtie Pasta  
■ Garlic Bread

■ Sautéed Zucchini & Squash  
■ New Brunswick  
■ Mashed Potato  
■ Steamed Rice

■ Normandy Blend  
■ Lyonnaise Green Beans  
■ Brown Rice  
■ Hawaiian Roll

■ Mandarin Veg. Stir Fry  
■ Glazed Green Beans  
■ Egg Noodles  
■ Steamed Rice

■ Sautéed Kale w/Garlic  
■ Herbed Green Beans  
■ Brown Rice  
■ Oven Roasted Potato  
■ Hawaiian Roll

■ Collard Greens  
■ Glazed Baby Carrots  
■ Coconut Rice & Black Beans  
■ Sweet Potato Wedges

Menu item & prices subject to change based on item availability

# BLUE RIBBON BISTRO MENU



## WEEK 2

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

**SUN**

**MON**

**TUES**

**WED**

**THURS**

**FRI**

**SAT**

**17 SEP**

**18 SEP**

**19 SEP**

**20 SEP**

**21 SEP**

**22 SEP**

**23 SEP**

## LUNCH

### Soup

Chef's Choice

### Entrée

■ Turkey Roast  
■ Oven Fried Pork Chop

■ Rosemary Garlic Roasted Chicken  
■ Salmon Primavera  
■ Baked Ziti

■ Caribbean Beef Curry  
■ Southwestern Quinoa Crusted Chicken  
■ Cajun Pork Loin

■ Seared Salmon  
■ Chicken Vega  
■ Beef Brisket w/ Chimichurri Sauce

■ Tofu Stir Fry  
■ Shrimp Stir Fry  
■ Chicken Curry  
■ Cantonese Pork Spareribs

■ Chickpea Cauliflower Curry  
■ Chicken Marsala  
■ Beef Shepherd Pie  
■ Baked Cod

■ Baked Spaghetti  
■ Chicken Parmesan

### Starches & Sides

■ Seasoned Greens  
■ Steamed Broccoli  
■ Mashed Potatoes  
■ Gravy  
■ Cornbread

■ Herbed Green Beans  
■ Peas & Carrots w/ Rosemary Brown Butter  
■ Garlic Mash Potatoes  
■ Linguine Pasta  
■ Garlic Bread

■ Sautéed Garlic Kale  
■ Hacienda Corn  
■ Paprika Buttered Potatoes  
■ Cilantro Lime Rice  
■ Jalapeno Cornbread

■ Sautéed Asparagus  
■ Roasted Summer Squash  
■ Wild Rice  
■ Parsley Buttered Potatoes  
■ Cornbread

■ Teriyaki Broccoli  
■ Sautéed Snap Peas  
■ Brown Rice  
■ Lo Mein Noodles  
■ Steamed Rice  
■ Egg Roll

■ Sautéed Zucchini  
■ Roasted Bby Carrots  
■ Greek Roasted Potato Wedges  
■ Porcini Risotto  
■ Steamed Rice

■ Sautéed Broccoli  
■ Italian Veg. Blend  
■ Whole Grain Roll  
■ Rice Pilaf w/ Orzo  
■ Garlic Bread

## DINNER

### Entrée

■ Chicken Parmesan  
■ Beef Lasagna

■ Chicken Scaloppini  
■ Spinach & Cheese Ravioli

■ Szechwan Chicken  
■ Honey Garlic Pork Chop

■ Beef Meatloaf  
■ BBQ Chicken

■ Braised Pork Chop  
■ Beef and Broccoli Stir Fry

■ Chicken Cutlet  
■ Lemon Baked Cod

■ Honey Glazed Chicken Breast  
■ Beef Swedish Meatballs

### Starches & Sides

■ Italian Veg. Blend  
■ Lyonnaise Green Beans  
■ Linguini Noodles  
■ Hawaiian Roll

■ Roasted Asparagus  
■ Sautéed Brussel Sprts  
■ Brown Rice  
■ Bowtie Pasta  
■ Garlic Bread

■ Garlic Green Beans  
■ Peas & Carrots  
■ Paprika Buttered Potatoes  
■ Steamed Rice

■ Glazed Baby Carrots  
■ Seasoned Greens  
■ Mashed Potatoes  
■ Brown Gravy  
■ Steamed Rice

■ Garlic Roasted Broccoli  
■ Normandy Veg. Blend  
■ Brown Rice  
■ Egg Noodles  
■ Steamed Rice

■ Roasted Cauliflower  
■ Sautéed Brussel Sprouts  
■ Parsley Buttered Potatoes  
■ Orzo w/Lemon&Herb  
■ Hawaiian Roll

■ Glazed Baby Carrots  
■ Garlic Asparagus  
■ Brown Rice  
■ Egg Noodles  
■ Hawaiian Roll

### Dessert

Baker's Choice

Menu item & prices subject to change based on item availability

# BLUE RIBBON BISTRO MENU



**WEEK 3**

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

**SUN**

**MON**

**TUES**

**WED**

**THURS**

**FRI**

**SAT**

**24 SEP**

**25 SEP**

**26 SEP**

**27 SEP**

**28 SEP**

**29 SEP**

**30 SEP**

## LUNCH

### Soup

Chef's Choice

### Entrée

■ Oven Fried Pork Chop  
■ Chicken Cordon Bleu

■ Cheese Tortellini  
■ Chicken Scaloppini  
■ Shrimp Alfredo

■ Turkey Stuffed Bell Pepper  
■ Mexican Chicken Qtr  
■ Pork Carnitas

■ Seared Salmon w/ Cucumber Dill  
■ Baked Flounder  
■ Chicken Pot Pie  
■ Smothered Pork Chop

■ Chicken Lo Mein  
■ Ginger Buttered Fish  
■ Mongolian Beef

■ Braised Pork Chop  
■ Turkey & Noodle Bake  
■ Fried Catfish

■ Chicken Alfredo  
■ Beef Meatloaf

### Starches & Sides

■ Seasoned Greens  
■ Roasted Baby Carrots  
■ Oven Roasted Potatoes  
■ Bowtie Pasta  
■ Hawaiian Roll

■ Garlic Roast Broccoli  
■ Sautéed Zucchini  
■ Herbed Brown Rice  
■ Parsley Potatoes  
■ Garlic Bread

■ Fresh Green Beans  
■ Mexican Corn  
■ Jalapeno Brwn Rice  
■ Tortilla  
■ Paprika Buttered Potatoes  
■ Jalapeno Cornbread

■ Roasted Baby Carrots  
■ Sautéed Asparagus  
■ Mashed Potatoes  
■ Pilaf Rice  
■ Mac & Cheese  
■ Cornbread

■ Oriental Veg. Stir Fry  
■ Sesame Glazed Green Beans  
■ Brown Rice  
■ Lo Mein Noodles  
■ Egg Rolls

■ Roasted Summer Squash  
■ Sautéed Brussel Sprts  
■ Greek Roasted Potato Wedges  
■ Naan w/ Garlic

■ Roasted Asparagus  
■ Herbed Green Beans  
■ Parsley Buttered Potatoes  
■ Bowtie Pasta  
■ Hawaiian Roll

## DINNER

### Entrée

■ Savory Baked Chicken Breast  
■ Baked Ham

■ Spaghetti w/ Meat Sauce  
■ Chicken Piccata

■ Chili Mac  
■ Chicken Taco

■ Turkey Cutlet  
■ Chicken Vega

■ Chinese 5 Spice Chicken  
■ Beef & Broccoli

■ Blackened Salmon  
■ Salisbury Steak

■ Beef Yakisoba  
■ Asian BBQ Chicken Breast

### Starches & Sides

■ Peas & Carrots w/ Rosemary Butter  
■ Sautéed Zucchini  
■ Roasted Potatoes  
■ Sweet Potato Wedge

■ Garlic Roasted Broccoli  
■ Herbed Grn Beans  
■ Garlic Mash Potatoes  
■ Bowtie Pasta  
■ Garlic Bread

■ Asparagus w/ Garlic & Onions  
■ Steamed Broccoli  
■ Mexican Brwn Rice  
■ Refried Beans

■ Herbed Green Beans  
■ Roasted Summer Squash  
■ Rosemary Potatoes  
■ Steamed Rice

■ Mandarin Veg. Stir Fry  
■ Brown Rice  
■ Ginger Glazed Carrots  
■ Lo Mein Noodles

■ Seasoned Greens  
■ Peas & Carrots w/ Rosemary Brown Butter  
■ Roasted Potatoes  
■ Wild Rice  
■ Hawaiian Roll

■ Mandarin Veg Stir Fry  
■ Brown Rice  
■ Ginger Glazed Carrots

### Dessert

Baker's Choice

Menu item & prices subject to change based on item availability