

BLUE RIBBON BISTRO MENU



BREAKFAST

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

	SUN	MON	TUES	WED	THURS	FRI	SAT
Eggs & Meat	<ul style="list-style-type: none"> ■ Assorted Eggs ■ Bacon & Sausage 	<ul style="list-style-type: none"> ■ Plant Based Patty ■ Assorted Eggs ■ Chicken Sausage ■ Sausage Gravy ■ Bacon ■ Pork Sausage 	<ul style="list-style-type: none"> ■ Turkey TX Hash ■ Creamed Ground Turkey ■ Assorted Eggs ■ Bacon ■ Pork Sausage 	<ul style="list-style-type: none"> ■ Plant Based Patty ■ Assorted Eggs ■ Ham Slice ■ Chicken Sausage ■ Sausage Gravy ■ Bacon 	<ul style="list-style-type: none"> ■ Creamed Ground Turkey ■ Assorted Eggs ■ Turkey Sausage ■ Corned Beef Hash ■ Bacon ■ Pork Sausage 	<ul style="list-style-type: none"> ■ Plant Based Patty ■ Assorted Eggs ■ Chicken Sausage ■ Sausage Gravy ■ Bacon ■ Pork Sausage 	<ul style="list-style-type: none"> ■ Assorted Eggs ■ Bacon & Sausage
Starches & Sides	<ul style="list-style-type: none"> ■ Fresh Fruit ■ Hash Brown ■ Biscuit 	<ul style="list-style-type: none"> ■ Fresh Fruit ■ Assorted Veg. ■ Home Fried Potatoes ■ Biscuit 	<ul style="list-style-type: none"> ■ Fresh Fruit ■ Assorted Veg. ■ Home Fried Potatoes ■ Biscuit 	<ul style="list-style-type: none"> ■ Fresh Fruit ■ Assorted Veg. ■ Home Fried Potatoes ■ Biscuit 	<ul style="list-style-type: none"> ■ Fresh Fruit ■ Assorted Veg. ■ Hash Brown Patty ■ Biscuit 	<ul style="list-style-type: none"> ■ Fresh Fruit ■ Assorted Veg. ■ Home Fried Potatoes ■ Biscuit ■ Breakfast Casserole 	<ul style="list-style-type: none"> ■ Fresh Fruit ■ Hash Brown ■ Patty ■ 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	<ul style="list-style-type: none"> ■ Veggie Burger ■ Turkey Burger ■ Salmon Burger 	<ul style="list-style-type: none"> ■ Grilled Chicken Sandwich ■ Hamburger ■ Cheeseburger 	<ul style="list-style-type: none"> ■ Grilled Cheese ■ Grilled Ham & Cheese ■ Hot Dog

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
---	--	---	---

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

BLUE RIBBON BISTRO MENU



WEEK 1

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

	SUN	MON	TUES	WED	THURS	FRI	SAT
	14 APR	15 APR	16 APR	17 APR	18 APR	19 APR	20 APR

LUNCH

	SUN	MON	TUES	WED	THURS	FRI	SAT
Entrée	<ul style="list-style-type: none"> ■ Oven Fried Pork Chops ■ Chicken Cordon Bleu 	<ul style="list-style-type: none"> ■ Cheese Tortellini ■ Chicken Scallopini ■ Shrimp Fettuccini Alfredo 	<ul style="list-style-type: none"> ■ Stuffed Bell Peppers w/Turkey ■ Mexican Chicken Qtr. ■ Pork Carnita 	<ul style="list-style-type: none"> ■ Lemon Butter Tilapia ■ Chicken Pot Pie ■ Shrimp and Cheesy Grits ■ Smothered Pork Chop 	<ul style="list-style-type: none"> ■ Kung Pao Chicken ■ Mongolian Beef ■ Ginger Butter Fish 	<ul style="list-style-type: none"> ■ Cajun Crusted Catfish ■ Turkey Bake & Noodles ■ Beef Pot Roast 	<ul style="list-style-type: none"> ■ Chicken Alfredo ■ Glazed Beef Meatloaf
Starches & Sides	<ul style="list-style-type: none"> ■ Collard Greens ■ Roasted Baby Carrots ■ Oven Roasted Potato ■ Rice Pilaf 	<ul style="list-style-type: none"> ■ Garlic Roasted Broccoli ■ Sauteed Zucchini ■ Parsley Buttered Potatoes ■ Herbed Brown Rice 	<ul style="list-style-type: none"> ■ Fresh Green Beans ■ Mexican Corn ■ Tortilla ■ Jalapeno Brown Rice ■ Jalapeno Cornbread 	<ul style="list-style-type: none"> ■ Roasted Baby Carrots ■ Sauteed Asparagus ■ Mashed Potatoes ■ Baked Mac & Cheese ■ Louisiana Style Cornbread 	<ul style="list-style-type: none"> ■ Sesame Glazed Green Beans ■ Caribbean Cabbage ■ Brown Rice ■ Egg Rolls 	<ul style="list-style-type: none"> ■ Sauteed Brussel Sprouts ■ Baby Carrots ■ Corn on the Cob ■ Orzo w/Lemon & Herbs ■ Garlic Mashed Potatoes 	<ul style="list-style-type: none"> ■ Herbed Green Beans ■ Roasted Asparagus ■ Parsley Buttered Potatoes ■ Hawaiian Roll

DINNER

	SUN	MON	TUES	WED	THURS	FRI	SAT
Entrée	<ul style="list-style-type: none"> ■ Lemon Baked Cod ■ Savory Baked Chicken 	<ul style="list-style-type: none"> ■ Beef Chili Mac ■ Chicken Taco 	<ul style="list-style-type: none"> ■ Spaghetti w/ Meat Sauce ■ Chicken Piccata 	<ul style="list-style-type: none"> ■ Roast Turkey ■ Chicken Vega 	<ul style="list-style-type: none"> ■ Blackened Salmon w/ Summer Salsa ■ Salisbury Steak w/ Gravy 	<ul style="list-style-type: none"> ■ Chinese 5 Spice Chicken ■ Beef & Broccoli 	<ul style="list-style-type: none"> ■ Beef Yakisoba ■ Asian BBQ Chicken Breast
Starches & Sides	<ul style="list-style-type: none"> ■ Rosemary Peas and Carrots ■ Steamed Broccoli ■ Roasted Yukon Potatoes 	<ul style="list-style-type: none"> ■ Steamed Broccoli ■ Sauteed Asparagus ■ Refried Beans ■ Mexican Rice 	<ul style="list-style-type: none"> ■ Herbed Green Beans ■ Garlic Roasted Broccoli ■ Bowtie Pasta ■ Garlic Mashed Potatoes 	<ul style="list-style-type: none"> ■ Roasted Summer Squash ■ Herbed Green Beans ■ Oven Roasted Red Potato Wedges ■ Hawaiian Roll 	<ul style="list-style-type: none"> ■ Wild Rice ■ Roasted Yukon Potatoes ■ Rosemary Peas and Carrots ■ Collard Greens 	<ul style="list-style-type: none"> ■ Ginger Glazed Carrots ■ Mandarin Veg. Stir Fry ■ Brown Rice ■ Teriyaki Glazed Sweet Potato 	<ul style="list-style-type: none"> ■ Ginger Glazed Carrots ■ Mandarin Veg. Stir Fry ■ Brown Rice

BLUE RIBBON BISTRO MENU



WEEK 2

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

	SUN	MON	TUES	WED	THURS	FRI	SAT
	21 APR	22 APR	23 APR	24 APR	25 APR	26 APR	27 APR

LUNCH

	SUN	MON	TUES	WED	THURS	FRI	SAT
Entrée	<ul style="list-style-type: none"> ■ Tuna & Noodles ■ Braised Beef Cubes 	<ul style="list-style-type: none"> ■ Chicken Giardino ■ Shrimp Scampi ■ Italian Pork Chop 	<ul style="list-style-type: none"> ■ Southwestern Salmon ■ Spicy Garlic Lime Chicken ■ Beef Enchiladas 	<ul style="list-style-type: none"> ■ Potato Crusted Cod ■ Oven Fried Chicken ■ Sam's Rub Pork Spareribs ■ Swiss Steak w/ Brown Gravy 	<ul style="list-style-type: none"> ■ Pan Seared Mahi Mahi w/ Roasted Red Pepper ■ Jerk Chicken ■ Kahlua Style Pulled Pork 	<ul style="list-style-type: none"> ■ Tilapia w/ Lemon Butter ■ Greek Chicken ■ Beef Stroganoff 	<ul style="list-style-type: none"> ■ Ranch Chicken Pasta ■ Meatball Sub
Starches & Sides	<ul style="list-style-type: none"> ■ Roasted Baby Carrots ■ Steamed Broccoli ■ Whole Grain Roll ■ Egg Noodles 	<ul style="list-style-type: none"> ■ Herbed Brown Rice ■ Sautéed Asparagus ■ Ratatouille ■ Garlic Mashed Potatoes ■ Garlic Breadstick 	<ul style="list-style-type: none"> ■ Sautéed cabbage w/ peppers ■ Steamed Broccoli ■ Hacienda Corn ■ Cilantro Lime Rice ■ Jalapeno Cornbread 	<ul style="list-style-type: none"> ■ Pinto Beans ■ Collard Greens ■ Corn on the Cob ■ Loaded Garlic Mashed Potatoes ■ Baked Mac & Cheese ■ Louisiana Cornbread 	<ul style="list-style-type: none"> ■ Black Beans ■ Fresh Green Beans ■ Teriyaki Glazed Sweet Potatoes ■ Steamed Rice ■ Sautéed Cabbage 	<ul style="list-style-type: none"> ■ Asparagus w/ garlic and onions ■ Roasted Cauliflower ■ Parsley Buttered Potatoes ■ Orzo w/ Lemon and Herb ■ Yeast Roll 	<ul style="list-style-type: none"> ■ Seasoned Green Beans ■ Roasted Summer Squash ■ Garlic Bread ■ Tator Tots

DINNER

Entrée	<ul style="list-style-type: none"> ■ Teriyaki Glazed Salmon ■ Mongolian Beef 	<ul style="list-style-type: none"> ■ Swedish Meatballs ■ Potato Crusted Cod 	<ul style="list-style-type: none"> ■ Spinach Lasagna ■ Chicken Primavera 	<ul style="list-style-type: none"> ■ Texas Turkey Hash w/Rice ■ Smothered Pork Chop 	<ul style="list-style-type: none"> ■ Beef Yakisoba ■ Asian BBQ Chicken Breast 	<ul style="list-style-type: none"> ■ Lemon Baked Cod ■ Rosemary Garlic Roasted Chicken 	<ul style="list-style-type: none"> ■ Caribbean Beef Curry ■ Coconut Crusted Tilapia
Starches & Sides	<ul style="list-style-type: none"> ■ Sesame Glazed Green Beans ■ Mandarin Veg. Stir Fry ■ Brown Rice 	<ul style="list-style-type: none"> ■ New Brunswick Veg. Blend ■ Sautéed Zucchini & Squash ■ Steamed Rice ■ Mashed Potatoes 	<ul style="list-style-type: none"> ■ Roasted Carrots ■ Sautéed Brussel Sprouts ■ Steamed Rice ■ Mashed Potatoes 	<ul style="list-style-type: none"> ■ Normandy Veg. Blend ■ Lyonnaise Green Beans ■ Brown Rice ■ Mashed Potatoes 	<ul style="list-style-type: none"> ■ Mandarin Veg. Stir Fry ■ Green Beans w/ Glazed Shallots and Lemon ■ Brown Rice ■ Egg noodles 	<ul style="list-style-type: none"> ■ Sautéed Kale ■ Herbed Green Beans ■ Brown Rice ■ Oven Roasted Potatoes 	<ul style="list-style-type: none"> ■ Collard Greens ■ Glazed Carrots ■ Steamed Rice ■ Sweet Potato Wedges
Dessert	Baker's Choice						

BLUE RIBBON BISTRO MENU



WEEK 3

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

	SUN	MON	TUES	WED	THURS	FRI	SAT
	28 APR	29 APR	30 APR	1 MAY	2 MAY	3 MAY	4 MAY

LUNCH

Soup	Chef's Choice						
Entrée	<ul style="list-style-type: none"> ■ Oven Fried Pork Chop ■ Chicken Cutlet 	<ul style="list-style-type: none"> ■ Italian Roast Turkey ■ Citrus Herb Chicken ■ Spaghetti w/Meat Sauce 	<ul style="list-style-type: none"> ■ Chipotle Lime Crusted Tilapia ■ Cajun Roasted Pork Loin ■ Southwest Chicken Qtr. 	<ul style="list-style-type: none"> ■ Chicken Vega ■ Seared Salmon ■ Beef Brisket w/Chimichurri 	<ul style="list-style-type: none"> ■ Tofu Stir Fry ■ Chicken Curry ■ Cantonese Pork Spareribs 	<ul style="list-style-type: none"> ■ Crusted Garlic Lemon Cod ■ Beef Bolognese Lasagna ■ BBQ Chicken. 	<ul style="list-style-type: none"> ■ Baked Spaghetti ■ Chicken Parmesan
Starches & Sides	<ul style="list-style-type: none"> ■ Seasoned Greens ■ Steamed Broccoli ■ Mashed Potatoes ■ Cornbread 	<ul style="list-style-type: none"> ■ Roasted Asparagus ■ Sautéed Brussel Sprouts ■ Roasted Italian Veg. Medley 	<ul style="list-style-type: none"> ■ Sautéed Garlic Kale ■ Cilantro Lime Rice ■ Paprika Buttered Potatoes ■ Hacienda Corn ■ Jalapeno Cornbread 	<ul style="list-style-type: none"> ■ Roasted Summer Squash ■ Sautéed Cabbage ■ Parsley Buttered Potatoes ■ Wild Rice 	<ul style="list-style-type: none"> ■ Caribbean Cabbage ■ Sesame Glazed Green Beans ■ Brown Rice ■ Asian Stir-fry Noodles ■ Chicken & Veg. Dumplings 	<ul style="list-style-type: none"> ■ Roasted Baby Carrots ■ Sautéed Zucchini ■ Greek Roasted Potato Wedges ■ Cauliflower Steak ■ Rice Pilaf w/ Orzo & Vegetables 	<ul style="list-style-type: none"> ■ Sautéed Broccoli ■ Rice Pilaf w/ Orzo ■ Italian Vegetable Blend ■ Garlic Bread

DINNER

Entrée	<ul style="list-style-type: none"> ■ Chicken Parmesan ■ Beef Lasagna 	<ul style="list-style-type: none"> ■ Rosemary Garlic Roasted Chicken ■ Baked Ziti 	<ul style="list-style-type: none"> ■ Szechuan Chicken ■ Grilled Honey Garlic Pork Chop 	<ul style="list-style-type: none"> ■ BBQ Chicken ■ Glazed Meatloaf 	<ul style="list-style-type: none"> ■ Chicken Cutlet ■ Lemon Baked Cod 	<ul style="list-style-type: none"> ■ Beef & Broccoli ■ Braised Pork Chop 	<ul style="list-style-type: none"> ■ Honey Glazed Chicken ■ Swedish Meatballs
Starches & Sides	<ul style="list-style-type: none"> ■ Italian Vegetables ■ Lyonnaise Green Beans ■ Linguine 	<ul style="list-style-type: none"> ■ Rosemary Peas and Carrots ■ Herbed Green Beans ■ Garlic Mash Potatoes ■ Garlic Bread 	<ul style="list-style-type: none"> ■ Sautéed Green Beans ■ Paprika Buttered Potatoes ■ Peas and Carrots ■ Steamed Rice 	<ul style="list-style-type: none"> ■ Glazed Baby Carrots ■ Seasoned Collards ■ Garlic Mashed Potatoes 	<ul style="list-style-type: none"> ■ Sautéed Brussel Sprouts ■ Roasted Cauliflower ■ Orzo w/ Lemon & Herbs ■ Parsley Buttered Potatoes 	<ul style="list-style-type: none"> ■ Normandy Veg. Blend ■ Garlic Roasted Broccoli ■ Roasted Potatoes ■ Brown Rice 	<ul style="list-style-type: none"> ■ Glazed Baby Carrots ■ Asparagus ■ Brown Rice
Dessert	Baker's Choice						