

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 ■ French Toast

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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BLUE RIBBON BISTRO MENU



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WEEK 1

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

	SUN	MON	TUES	WED	THURS	FRI	SAT
	25 JAN	26 JAN	27 JAN	28 JAN	29 JAN	30 JAN	31 JAN

LUNCH

Entrée	<p>■ Baked Turkey & Noodles (515 kcals, 33 g Pro, 25 g Fat, 44 g CHO)</p> <p>■ Oven Fried Pork Chop (342 kcals, 25 g Pro, 17 g Fat, 21 g CHO)</p>	<p>■ Chicken Scallopini (328 kcals, 36 g Pro, 15 g Fat, 12 g CHO)</p> <p>■ Shrimp Alfredo (607 kcals, 26 g Pro, 35 g Fat, 47 g CHO)</p> <p>■ Tuscan Spareribs (334 kcals, 26 g Pro, 26 g Fat, 2 g CHO)</p>	<p>■ Stuffed Bell Peppers (268 kcals, 16 g Pro, 8 g Fat, 35 g CHO)</p> <p>■ Beef Churrasco w/Chimichurri Sauce (421 kcals, 26 g Pro, 33 g Fat, 5 g CHO)</p> <p>■ Seasoned Chicken Qtr (365 kcals, 26 g Pro, 27 g Fat, 3 g CHO)</p>	<p>■ Roast Turkey (162 kcals, 25 g Pro, 8 g Fat, <1 g CHO)</p> <p>■ Chicken Pot Pie (422 kcals, 42 g Pro, 14 g Fat, 30 g CHO)</p> <p>■ Shrimp & Cheesy Grits (444 kcals, 17 g Pro, 26 g Fat, 28 g CHO)</p>	<p>■ Healthy Chicken Stir-Fry (167 kcals, 24 g Pro, 6 g Fat, 4 g CHO)</p> <p>■ Mongolian Beef (493 kcals, 32 g Pro, 20 g Fat, 44 g CHO)</p> <p>■ Cantonese Spareribs (490 kcals, 36 g Pro, 33 g Fat, 13 g CHO)</p>	<p>■ Seasoned Chicken Qtr (365 kcals, 26 g Pro, 27 g Fat, 3 g CHO)</p> <p>■ NC Beef Pot Roast (288 kcals, 20 g Pro, 20 g Fat, 8 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>■ Glazed Meatloaf (330 kcals, 29 g Pro, 14 g Fat, 18 g CHO)</p>
Starches, Sides & Soup	<p>■ Roasted Baby Carrots</p> <p>■ Collard Greens</p> <p>■ Oven Roasted Potatoes</p> <p>■ Rice Pilaf</p>	<p>■ Roasted Broccoli</p> <p>■ Sautéed Zucchini</p> <p>■ Parsley Potatoes</p> <p>■ Herbed Brown Rice</p> <p>■ Toscana Soup</p>	<p>■ Fresh Green Beans</p> <p>■ Mexican Corn</p> <p>■ Potatoes O'Brien</p> <p>■ Jalapeno Brown Rice</p> <p>■ Chicken Tortilla Soup</p>	<p>■ Roasted Baby Carrots</p> <p>■ Sautéed Asparagus</p> <p>■ Steamed Rice</p> <p>■ Baked Mac & Cheese</p> <p>■ Chicken Noodle Soup</p>	<p>■ Caribbean Cabbage</p> <p>■ Roasted Green Beans</p> <p>■ Asian Noodle Stir-fry</p> <p>■ Chicken & Veg. Potstickers</p> <p>■ Mulligatawny Soup</p>	<p>■ Sautéed Brussel Sprouts</p> <p>■ Baby Carrots w/ Thyme</p> <p>■ Corn on the Cob</p> <p>■ Garlic Mashed Potatoes</p> <p>■ Vegetable Beef Soup</p>	<p>■ Roasted Asparagus</p> <p>■ Herbed Green Beans</p> <p>■ Parsley Potatoes</p> <p>■ Hawaiian Roll</p>

DINNER

Entrée	<p>■ Roast Turkey (162 kcals, 25 g Pro, 8 g Fat, <1 g CHO)</p> <p>■ Salisbury Steak w/Gravy (254 kcals, 18 g Pro, 16 g Fat, 11 g CHO)</p>	<p>■ Beef Chili Mac (357 kcals, 23 g Pro, 11 g Fat, 34 g CHO)</p> <p>■ Chicken Tacos (435 kcals, 32 g Pro, 18 g Fat, 34 g CHO)</p>	<p>■ Baked Spaghetti (457 kcals, 26 g Pro, 12 g Fat, 60 g CHO)</p> <p>■ Chicken Cordon Bleu (430 kcals, 32 g Pro, 26 g Fat, 17 g CHO)</p>	<p>■ Chicken Giardino (359 kcals, 23 g Pro, 11 g Fat, 45 g CHO)</p> <p>■ Breaded Pork Chops (600 kcals, 28 g Pro, 44 g Fat, 32 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, 19 g CHO)</p>	<p>■ Beef & Broccoli (190 kcals, 18 g Pro, 6 g Fat, 19 g CHO)</p> <p>■ Thai Chicken Wing 1ea. (132 kcals, 7 g Pro, 8 g Fat, 9 g CHO)</p>	<p>■ Beef Yakisoba (405 kcals, 31 g Pro, 13 g Fat, 37 g CHO)</p> <p>■ Asian BBQ Chicken (295 kcals, 34 g Pro, 10 g Fat, 17 g CHO)</p>
Starches & Sides	<p>■ Roasted Cauliflower</p> <p>■ Fresh Green Beans</p> <p>■ Sweet Potato Wedges</p> <p>■ Cornbread Dressing</p>	<p>■ Normandy Veg. Blend</p> <p>■ Asparagus & Onions</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>■ Herbed Green Beans</p> <p>■ Potato Wedges</p> <p>■ Cinnamon Apples</p> <p>■ Steamed Rice</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>■ Snow Peas & Carrots</p> <p>■ Sweet Potato Wedges</p> <p>■ Vegetable Fried Rice</p>	<p>■ Squash/Zucchini</p> <p>■ Mixed Veg. Stir-Fry</p> <p>■ Brown Rice</p>

BLUE RIBBON BISTRO MENU



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WEEK 2

■ = Eat Often

■ = Eat Occasionally

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	SUN	MON	TUES	WED	THURS	FRI	SAT
	01 FEB	02 FEB	03 FEB	04 FEB	05 FEB	06 FEB	07 FEB

LUNCH

Entrée	<p>■ Seasoned Chicken Qtr (365 kcals, 26 g Pro, 27 g Fat, 3 g CHO)</p> <p>■ Braised Beef Cubes (251 kcals, 38 g Pro, 8 g Fat, 9 g CHO)</p>	<p>■ Chicken Gacciatore (295 kcals, 42 g Pro, 10 g Fat, 7 g CHO)</p> <p>■ Shrimp Scampi (228 kcals, 13 g Pro, 14 g Fat, 3 g CHO)</p> <p>■ Italian Pork Chop (255 kcals, 24 g Pro, 16 g Fat, 4 g CHO)</p>	<p>■ Southwestern Salmon (264 kcals, 42 g Pro, 8 g Fat, 2 g CHO)</p> <p>■ Seasoned Chicken Qtr (365 kcals, 26 g Pro, 27 g Fat, 3 g CHO)</p> <p>■ Beef Enchiladas (405 kcals, 23 g Pro, 17 g Fat, 39 g CHO)</p>	<p>■ Potato Crusted Cod (242 kcals, 24 g Pro, 8 g Fat, 15 g CHO)</p> <p>■ Oven Fried Chicken Qtr (580 kcals, 28 g Pro, 44 g Fat, 19 g CHO)</p> <p>■ Sam's Rub Spareribs (608 kcals, 41 g Pro, 36 g Fat, 30 g CHO)</p>	<p>■ Grilled Shrimp (197 kcals, 12 g Pro, 11 g Fat, 2 g CHO)</p> <p>■ Beef Bulgogi (259 kcals, 15 g Pro, 17 g Fat, 12 g CHO)</p> <p>■ Korean BBQ Spareribs (574 kcals, 41 g Pro, 38 g Fat, 17 g CHO)</p>	<p>■ Lemon Pepper Tilipia (152 kcals, 26 g Pro, 5 g Fat, <1 g CHO)</p> <p>■ Greek Chicken Qtr (436 kcals, 26 g Pro, 37 g Fat, <1 g CHO)</p> <p>■ Baked Turkey & Noodles (515 kcals, 33 g Pro, 25 g Fat, 44 g CHO)</p>	<p>■ Chicken Pot Pie (309 kcals, 21 g Pro, 10 g Fat, 35 g CHO)</p> <p>■ Beef Pot Roast (360 kcals, 28 g Pro, 26 g Fat, 4 g CHO)</p>
Starches, Sides & Soup	<p>■ Roasted Carrots</p> <p>■ Steamed Broccoli</p> <p>■ Steamed Rice</p> <p>■ Egg Noodles</p>	<p>■ Italian Veg. Blend</p> <p>■ Sauteed Asparagus</p> <p>■ Linguine</p> <p>■ Garlic Mashed Potatoes</p> <p>■ Minestrone Soup</p>	<p>■ Steamed Broccoli</p> <p>■ Cabbage w/ Peppers</p> <p>■ Borracho Beans</p> <p>■ Jalapeno Cornbread</p> <p>■ Chicken Tortilla Soup</p>	<p>■ Collard Greens</p> <p>■ Pinto Beans</p> <p>■ Corn</p> <p>■ Baked Mac & Cheese</p> <p>■ Chicken Noodle Soup</p>	<p>■ Fresh Green Beans</p> <p>■ Sauteed Cabbage</p> <p>■ Korean Spinach</p> <p>■ Jasmine Rice</p> <p>■ Mulligatawny Soup</p>	<p>■ Broccoli</p> <p>■ Roasted Carrots</p> <p>■ Parsley Potatoes</p> <p>■ Steamed Rice</p> <p>■ Vegetable Beef Soup</p>	<p>■ Collard Greens</p> <p>■ Peas & Pearl Onion</p> <p>■ Mashed Potatoes</p> <p>■ Parkerhouse Roll</p>

DINNER

Entrée	<p>■ Spinach Lasagna (290 kcals, 20 g Pro, 9 g Fat, 36 g CHO)</p> <p>■ Chicken Primavera (246 kcals, 25 g Pro, 6 g Fat, 24 g CHO)</p>	<p>■ Citrus Herb Chicken (295 kcals, 41 g Pro, 11 g Fat, 6 g CHO)</p> <p>■ Potato Crusted Cod (242 kcals, 24 g Pro, 8 g Fat, 15 g CHO)</p>	<p>■ Asian BBQ Chicken (295 kcals, 34 g Pro, 10 g Fat, 17 g CHO)</p> <p>■ Beef Pepper Steak (156 kcals, 25 g Pro, 4 g Fat, 6 g CHO)</p>	<p>■ Roast Turkey (162 kcals, 25 g Pro, 8 g Fat, <1 g CHO)</p> <p>■ Baked Spareribs (508 kcals, 38 g Pro, 37 g Fat, 3 g CHO)</p>	<p>■ Teriyaki Salmon (273 kcals, 42 g Pro, 9 g Fat, 4 g CHO)</p> <p>■ Mongolian Beef (266 kcals, 29 g Pro, 11 g Fat, 11 g CHO)</p>	<p>■ Apple Glazed Pork Loin (284 kcals, 31 g Pro, 11 g Fat, 15 g CHO)</p> <p>■ Country Style Steak (360 kcals, 19 g Pro, 17 g Fat, 34 g CHO)</p>	<p>■ Chicken Alfredo (373 kcals, 23 g Pro, 14 g Fat, 39 g CHO)</p> <p>■ Lemon Baked Cod (147 kcals, 31 g Pro, 2 g Fat, <1 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 & 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>■ Rice Pilaf</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>■ Mac & Cheese</p>	<p>■ Bermuda Veg. Blend</p> <p>■ Steamed Spinach</p> <p>■ Sw. Potato Wedges</p> <p>■ Steamed Rice</p>

BLUE RIBBON BISTRO MENU



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WEEK 3

■ = Eat Often
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	SUN	MON	TUES	WED	THURS	FRI	SAT
	08 FEB	09 FEB	10 FEB	11 FEB	12 FEB	13 FEB	14 FEB

LUNCH

Entrée	■ Honey BBQ Chicken (443 kcals, 43 g Pro, 9 g Fat, 48 g CHO) ■ Roasted Pork Loin (170 kcals, 24 g Pro, 9 g Fat, 0 g CHO)	■ Baked Salmon (256 kcals, 42 g Pro, 9 g Fat, <1 g CHO) ■ Chicken Vega (623 kcals, 34 g Pro, 33 g Fat, 48 g CHO) ■ Beef Brisket (632 kcals, 42 g Pro, 50 g Fat, 7 g CHO)	■ Chipotle Lime Tilapia (333 kcals, 21 g Pro, 13 g Fat, 32 g CHO) ■ Cajun Pork Loin (196 kcals, 24 g Pro, 10 g Fat, 0 g CHO) ■ Seasoned Chicken Qtr (365 kcals, 26 g Pro, 27 g Fat, 3 g CHO)	■ Italian Roast Turkey (171 kcals, 25 g Pro, 8 g Fat, <1 g CHO) ■ Citrus Herb Chicken (295 kcals, 41 g Pro, 11 g Fat, 6 g CHO) ■ Beef Lasagna (499 kcals, 34 g Pro, 23 g Fat, 42 g CHO)	■ Lemon Ginger Cod (264 kcals, 31 g Pro, 15 g Fat, 1 g CHO) ■ Teriyaki Chicken (312 kcals, 38 g Pro, 12 g Fat, 13 g CHO) ■ Beef Szechuan (283 kcals, 16 g Pro, 19 g Fat, 13 g CHO)	■ Garlic Lemon Cod (201 kcals, 21 g Pro, 7 g Fat, 13 g CHO) ■ Seasoned Chicken Qtr (365 kcals, 26 g Pro, 27 g Fat, 3 g CHO) ■ Beef Stroganoff (466 kcals, 33 g Pro, 18 g Fat, 42 g CHO)	■ Chicken Parmesan (288 kcals, 23 g Pro, 9 g Fat, 31 g CHO) ■ Baked Spaghetti (457 kcals, 26 g Pro, 12 g Fat, 60 g CHO)
Starches, Sides & Soup	■ Collard Greens ■ Steamed Broccoli ■ Mashed Potatoes ■ Steamed Rice	■ Sautéed Cabbage ■ Roasted Squash ■ Wild Rice ■ Potato Soup	■ Zucchini w/Garlic & Onions ■ Corn Hacienda ■ Cilantro Lime Rice ■ Chicken Tortilla Soup	■ Roasted Italian Vegetables ■ Herbed Green Beans ■ Brown Rice ■ Garlic Breadstick ■ Lasagna Soup	■ Mandarin Stir-Fry Veg. ■ Kung Pao Brussel Sprouts ■ Sweet Potato Wedges ■ Mulligatawny Soup	■ Roasted Cauliflower ■ Sautéed Zucchini w/ Onions ■ Greek Roasted Potato Wedges ■ Rice Pilaf w/Orzo ■ Vegetable Beef Soup	■ Italian Veg. Blend ■ Sauteed Broccoli ■ Linguine ■ Garlic Bread

DINNER

Entrée	■ Chicken Cacciatore (295 kcals, 42 g Pro, 10 g Fat, 7 g CHO) ■ Cheese Pizza (380 kcals, 13 g Pro, 16 g Fat, 45 g CHO)	■ Rosemary Chicken Qtr (369 kcals, 27 g Pro, 29 g Fat, 1 g CHO) ■ Baked Penne (388 kcals, 28 g Pro, 18 g Fat, 30 g CHO)	■ Szechuan Chicken Qtr (407 kcals, 27 g Pro, 28 g Fat, 14 g CHO) ■ Korean Pork Ribs (511 kcals, 38 g Pro, 37 g Fat, 5 g CHO)	■ BBQ Chicken Qtr (424 kcals, 27 g Pro, 28 g Fat, 16 g CHO) ■ Beef Brisket Sandwich (735 kcals, 55 g Pro, 21 g Fat, 81 g CHO)	■ Oven Fried Chicken Qtr (580 kcals, 28 g Pro, 44 g Fat, 19 g CHO) ■ Smoked Sausage w/Peppers & Onions (523 kcals, 18 g Pro, 45 g Fat, 14 g CHO)	■ Mongolian Chicken (293 kcals, 23 g Pro, 5 g Fat, 39 g CHO) ■ BBQ Pork Rib Sandwich (602 kcals, 43 g Pro, 20 g Fat, 56 g CHO)	■ Baked Chicken Qtr (352 kcals, 26 g Pro, 27 g Fat, <1 g CHO) ■ Swedish Meatballs (393 kcals, 24 g Pro, 28 g Fat, 11 g CHO)
Starches & Sides	■ Italian Veg. Blend ■ Roasted Squash ■ Linguine ■ Garlic Bread	■ Peas & Carrots ■ Sauteed Spinach ■ Garlic Mashed Potatoes ■ Hawaiian Roll	■ Sauteed Green Beans ■ Peas and Carrots ■ Paprika Potatoes ■ Jasmine Rice	■ Collard Greens ■ Glazed Baby Carrots ■ Steak Fries ■ Texas Toast	■ Sauteed Cabbage ■ Seasoned Green Beans ■ Parsley Potatoes ■ Steamed Rice	■ Normandy Veg. Blend ■ Garlic Roasted Broccoli ■ Brown Rice ■ Mashed Potatoes	■ Asparagus ■ Peas and Carrots ■ Brown Rice ■ Egg Noodles