

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>
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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>Sauteed 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>Sauteed 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>Sauteed 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>
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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>
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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>
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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

01 FEB

02 FEB

03 FEB

04 FEB

05 FEB

06 FEB

07 FEB

LUNCH

Entrée	Seasoned Chicken Qtr (365 kcals, 26 g Pro, 27 g Fat, 3 g CHO)	Chicken Cacciatore (295 kcals, 42 g Pro, 10 g Fat, 7 g CHO)	Southwestern Salmon (264 kcals, 42 g Pro, 8 g Fat, 2 g CHO)	Potato Crusted Cod (242 kcals, 24 g Pro, 8 g Fat, 15 g CHO)	Grilled Shrimp (197 kcals, 12 g Pro, 11 g Fat, 2 g CHO)	Lemon Pepper Tilapia	Chicken Pot Pie (309 kcals, 21 g Pro, 10 g Fat, 35 g CHO)
	Braised Beef Cubes (251 kcals, 38 g Pro, 8 g Fat, 9 g CHO)	Shrimp Scampi (228 kcals, 13 g Pro, 14 g Fat, 3 g CHO)	Seasoned Chicken Qtr (365 kcals, 26 g Pro, 27 g Fat, 3 g CHO)	Oven Fried Chicken Qtr (580 kcals, 28 g Pro, 44 g Fat, 19 g CHO)	Beef Bulgogi (259 kcals, 15 g Pro, 17 g Fat, 12 g CHO)	Greek Chicken Qtr (436 kcals, 26 g Pro, 37 g Fat, <1 g CHO)	Beef Pot Roast (360 kcals, 28 g Pro, 26 g Fat, 4 g CHO)
Starches, Sides & Soup	Roasted Carrots	Italian Veg. Blend	Steamed Broccoli	Collard Greens	Fresh Green Beans	Broccoli	Collard Greens
	Steamed Broccoli	Sauteed Asparagus	Cabbage w/ Peppers	Pinto Beans	Sauteed Cabbage	Roasted Carrots	Peas & Pearl Onion
	Steamed Rice	Linguine	Borracho Beans	Corn	Korean Spinach	Parsley Potatoes	Mashed Potatoes
	Egg Noodles	Garlic Mashed Potatoes	Jalapeno Cornbread	Baked Mac & Cheese	Jasmine Rice	Steamed Rice	Parkerhouse Roll
		Minestrone Soup	Chicken Tortilla Soup	Chicken Noodle Soup	Mulligatawny Soup		

DINNER

Entrée	Spinach Lasagna (290 kcals, 20 g Pro, 9 g Fat, 36 g CHO)	Citrus Herb Chicken (295 kcals, 41 g Pro, 11 g Fat, 6 g CHO)	Asian BBQ Chicken (295 kcals, 34 g Pro, 10 g Fat, 17 g CHO)	Roast Turkey (162 kcals, 25 g Pro, 8 g Fat, <1 g CHO)	Teriyaki Salmon (273 kcals, 42 g Pro, 9 g Fat, 4 g CHO)	Apple Glazed Pork Loin	Chicken Alfredo (373 kcals, 23 g Pro, 14 g Fat, 39 g CHO)
	Chicken Primavera (246 kcals, 25 g Pro, 6 g Fat, 24 g CHO)	Potato Crusted Cod (242 kcals, 24 g Pro, 8 g Fat, 15 g CHO)	Beef Pepper Steak (156 kcals, 25 g Pro, 4 g Fat, 6 g CHO)	Baked Spareribs (508 kcals, 38 g Pro, 37 g Fat, 3 g CHO)	Mongolian Beef (266 kcals, 29 g Pro, 11 g Fat, 11 g CHO)	Country Style Steak	Lemon Baked Cod (147 kcals, 31 g Pro, 2 g Fat, <1 g CHO)
Starches & Sides	Roasted Carrots	New Brunswick Veg. Blend	Mandarin Veg. Stir Fry	Normandy Veg. Blend	Sesame Green Beans	Roasted Squash	Bermuda Veg. Blend
	Sautéed Brussel Sprouts	Zucchini & Squash	Roasted Cauliflower	Lyonnaise Green Beans	Mandarin Veg. Stir Fry	Herbed Green Beans	Steamed Spinach
	Rice Pilaf	Steamed Rice	Steamed Rice	Rice Pilaf	Brown Rice	Brown Rice	Sw. Potato Wedges
	Bowtie Pasta	Mashed Potatoes	Egg Noodles	Mashed Potatoes		Mac & Cheese	Steamed Rice

BLUE RIBBON BISTRO MENU



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WEEK 3

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

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

DINNER

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