

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

## 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 (365 kcals, 26 g Pro, 27 g Fat, 3 g CHO)</p> <p>■ Shrimp Alfredo (607 kcals, 26 g Pro, 35 g Fat, 47 g CHO)</p> <p>■ Beef Bolognese Lasagna (499 kcals, 34 g Pro, 23 g Fat, 42 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>■ Baked Salmon (256kcals, 42 g Pro, 9 g Fat, &lt;1 g CHO)</p> <p>■ Chicken Vega (629 kcals, 34 g Pro, 34 g Fat, 49 g CHO)</p> <p>■ Beef Brisket w/Chimichurri (632 kcals, 42 g Pro, 50 g Fat, 7 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 (365 kcals, 26 g Pro, 27 g Fat, 3 g CHO)</p> <p>■ Shepherd's Pie (493 kcals, 32 g Pro, 20 g Fat, 44 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 Garlic Pork Loin (218 kcals, 26 g Pro, 11 g Fat, 1 g CHO)</p>
	<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>■ Sautéed Cabbage</p> <p>■ Roasted Squash</p> <p>■ Wild Rice</p> <p>■ Louisiana Cornbread</p> <p>■ Chicken Noodle Soup</p>	<p>■ Squash/Zucchini</p> <p>■ Mixed Veg. Stir-Fry</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>
	<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>■ 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>■ Ginger Glazed Carrots</p> <p>■ Brown Rice</p> <p>■ Sweet Potato Wedges</p>	<p>■ Squash/Zucchini</p> <p>■ Mixed Veg. Stir-Fry</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
	21 DEC	22 DEC	23 DEC	24 DEC	25 DEC	26 DEC	27 DEC

## LUNCH

<b>Entrée</b>	<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> (365 kcals, 26 g Pro, 27 g Fat, 3 g CHO)</p>	<p>■ <b>Southwestern Salmon</b> (264 kcals, 42 g Pro, 8 g Fat, 2 g CHO)</p> <p>■ <b>Beef Fajitas</b> (403 kcals, 29 g Pro, 14 g Fat, 39 g CHO)</p> <p>■ <b>Spicy Garlic Lime Chicken</b> (430 kcals, 26 g Pro, 33 g Fat, 9 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> (365 kcals, 26 g Pro, 27 g Fat, 3 g CHO)</p> <p>■ <b>Hamburger Steak</b> (533 kcals, 28 g Pro, 46 g Fat, 4 g CHO)</p>	<p>■ <b>Oven Fried Chicken</b> (580 kcals, 28 g Pro, 44 g Fat, 19 g CHO)</p> <p>■ <b>Glazed Ham</b> (359 kcals, 23 g Pro, 10 g Fat, 44 g CHO)</p> <p>■ <b>Ribeye</b> (482 kcals, 26 g Pro, 39 g Fat, 6 g CHO)</p>	<p>■ <b>Cucumber Dill Salmon</b> (309 kcals, 43 g Pro, 13 g Fat, 2 g CHO)</p> <p>■ <b>Mediterranean Steak</b> (397 kcals, 27 g Pro, 25 g Fat, 15 g CHO)</p> <p>■ <b>Seasoned Chicken</b> (365 kcals, 26 g Pro, 27 g Fat, 3 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>
<b>Starches, Sides &amp; Soup</b>	<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>■ Roasted Carrots</p> <p>■ Collard Greens</p> <p>■ Sauteed Asparagus</p> <p>■ Mashed Red Potatoes</p> <p>■ Baked Mac n' Cheese</p>	<p>■ Asparagus</p> <p>■ Roasted Carrots</p> <p>■ Roasted Cauliflower</p> <p>■ Parsley Potatoes</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

<b>Entrée</b>	<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>Braised Beef</b> (251 kcals, 38 g Pro, 8 g Fat, 9 g CHO)</p> <p>■ <b>Coconut Crusted Tilapia</b> (273 kcals, 27 g Pro, 11 g Fat, 17 g CHO)</p>
<b>Starches &amp; Sides</b>	<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>■ Herb Green Beans</p> <p>■ Brown Rice</p> <p>■ Roasted Potatoes</p>	<p>■ Bermuda Veg. Blend</p> <p>■ Glazed Carrots</p> <p>■ Sw. Potato Wedges</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
	28 DEC	29 DEC	30 DEC	31 DEC	01 JAN	02 JAN	03 JAN

## LUNCH

Entrée	<p>■ <b>Lemon Garlic Crusted Cod</b> (201 kcals, 21 g Pro, 7 g Fat, 13 g CHO)</p> <p>■ <b>Chicken Cacciatore</b> (193 kcals, 25 g Pro, 7 g Fat, 7 g CHO)</p>	<p>■ <b>Fra Diavolo Shrimp</b> (254 kcals, 11 g Pro, 12 g Fat, 6 g CHO)</p> <p>■ <b>Tagliata Steak</b> (314 kcals, 33 g Pro, 16 g Fat, 10 g CHO)</p> <p>■ <b>Seasoned Chicken</b> (365 kcals, 26 g Pro, 27 g Fat, 3 g CHO)</p>	<p>■ <b>Chipotle Lime Tilapia</b> (333 kcals, 21 g Pro, 13 g Fat, 32 g CHO)</p> <p>■ <b>Cajun Roasted Pork Loin</b> (196 kcals, 24 g Pro, 10 g Fat, 0 g CHO)</p> <p>■ <b>Seasoned Chicken</b> (365 kcals, 26 g Pro, 27 g Fat, 3 g CHO)</p>	<p>■ <b>Baked Salmon w/ Summer Salsa</b> (287 kcals, 43 g Pro, 11 g Fat, 2 g CHO)</p> <p>■ <b>Seasoned Chicken</b> (365 kcals, 26 g Pro, 27 g Fat, 3 g CHO)</p> <p>■ <b>Smoked Sausage w/ Peppers &amp; Onions</b> (523 kcals, 18 g Pro, 45 g Fat, 14 g CHO)</p>	<p>■ <b>Oven Fried Chicken</b> (580 kcals, 28 g Pro, 44 g Fat, 19 g CHO)</p> <p>■ <b>Pulled Pork</b> (458 kcals, 39 g Pro, 32 g Fat, 0 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> (365 kcals, 26 g Pro, 27 g Fat, 3 g CHO)</p> <p>■ <b>Mr. Powell's Wings</b> (500 kcals, 37 g Pro, 34 g Fat, 13 g CHO)</p>	<p>■ <b>Chicken Parmesan</b> (288 kcals, 23 g Pro, 9 g Fat, 31 g CHO)</p> <p>■ <b>Spaghetti w/Meatballs</b> (578 kcals, 24 g Pro, 22 g Fat, 72 g CHO)</p>
	<p>■ <b>Squash/Zucchini</b></p> <p>■ <b>Steamed Broccoli</b></p> <p>■ <b>Bowtie Pasta</b></p> <p>■ <b>Steamed Rice</b></p>	<p>■ <b>Fresh Asparagus</b></p> <p>■ <b>Sautéed Brussel Sprouts</b></p> <p>■ <b>Roasted Italian Vegetable</b></p> <p>■ <b>Rice Pilaf w/ Orzo</b></p> <p>■ <b>Toscana Soup</b></p>	<p>■ <b>Collard Greens</b></p> <p>■ <b>Mexican Roasted Veg.</b></p> <p>■ <b>Paprika Potatoes</b></p> <p>■ <b>Cilantro Lime Rice</b></p> <p>■ <b>Chicken Tortilla Soup</b></p>	<p>■ <b>Sauteed Cabbage</b></p> <p>■ <b>Fresh Asparagus</b></p> <p>■ <b>Parsley Potatoes</b></p> <p>■ <b>Wild Rice</b></p> <p>■ <b>Chicken Noodle Soup</b></p>	<p>■ <b>Collard Greens</b></p> <p>■ <b>Corn on the Cob</b></p> <p>■ <b>Hoppin' John Rice</b></p> <p>■ <b>Loaded Mashed Potatoes</b></p>	<p>■ <b>Roasted Baby Carrots</b></p> <p>■ <b>Sautéed Zucchini w/ Onions</b></p> <p>■ <b>Red Potato Wedges</b></p> <p>■ <b>Rice Pilaf w/Orzo</b></p> <p>■ <b>Vegetable Beef Soup</b></p>	<p>■ <b>Italian Vegetables</b></p> <p>■ <b>Sauteed Broccoli</b></p> <p>■ <b>Linguine</b></p> <p>■ <b>Garlic Bread</b></p>
Starches, Sides & Soup							

## DINNER

Entrée	<p>■ <b>Chicken Parmesan</b> (288 kcals, 23 g Pro, 9 g Fat, 31 g CHO)</p> <p>■ <b>Beef Bolognese Lasagna</b> (499 kcals, 34 g Pro, 23 g Fat, 42 g CHO)</p>	<p>■ <b>Rosemary Chicken</b> (369 kcals, 27 g Pro, 29 g Fat, 1 g CHO)</p> <p>■ <b>Baked Penne</b> (388 kcals, 28 g Pro, 18 g Fat, 30 g CHO)</p>	<p>■ <b>Szechuan Chicken</b> (407 kcals, 27 g Pro, 28 g Fat, 14 g CHO)</p> <p>■ <b>5 Spice Pork Loin</b> (157 kcals, 20 g Pro, 7 g Fat, 3 g CHO)</p>	<p>■ <b>Meatloaf w/ Brown Gravy</b> (334 kcals, 30 g Pro, 15 g Fat, 19 g CHO)</p> <p>■ <b>BBQ Chicken</b> (424 kcals, 27 g Pro, 28 g Fat, 16 g CHO)</p>	<p>■ <b>Chicken Cutlet</b> (274 kcals, 34 g Pro, 11 g Fat, 8 g CHO)</p> <p>■ <b>Lemon Baked Cod</b> (160 kcals, 30 g Pro, 4 g Fat, &lt;1 g CHO)</p>	<p>■ <b>Mongolian Chicken</b> (201 kcals, 19 g Pro, 6 g Fat, 20 g CHO)</p> <p>■ <b>Braised Pork Chop</b> (257 kcals, 21 g Pro, 14 g Fat, 19 g CHO)</p>	<p>■ <b>Baked Chicken</b> (352 kcals, 26 g Pro, 27 g Fat, &lt;1 g CHO)</p> <p>■ <b>Swedish Meatballs</b> (393 kcals, 24 g Pro, 28 g Fat, 11 g CHO)</p>
	<p>■ <b>Italian Veg. Blend</b></p> <p>■ <b>Roasted Squash</b></p> <p>■ <b>Linguine</b></p> <p>■ <b>Hawaiian Roll</b></p>	<p>■ <b>Peas &amp; Carrots</b></p> <p>■ <b>Sauteed Spinach</b></p> <p>■ <b>Garlic Mashed Potatoes</b></p> <p>■ <b>Garlic Bread</b></p>	<p>■ <b>Sauteed Green Beans</b></p> <p>■ <b>Peas and Carrots</b></p> <p>■ <b>Paprika Potatoes</b></p> <p>■ <b>Steamed Rice</b></p>	<p>■ <b>Collard Greens</b></p> <p>■ <b>Glazed Baby Carrots</b></p> <p>■ <b>Steamed Rice</b></p> <p>■ <b>Mashed Potatoes</b></p>	<p>■ <b>Sauteed Cabbage</b></p> <p>■ <b>Seasoned Green Beans</b></p> <p>■ <b>Parsley Potatoes</b></p> <p>■ <b>Steamed Rice</b></p>	<p>■ <b>Normandy Veg. Blend</b></p> <p>■ <b>Garlic Roasted Broccoli</b></p> <p>■ <b>Brown Rice</b></p> <p>■ <b>Mashed Potatoes</b></p>	<p>■ <b>Asparagus</b></p> <p>■ <b>Peas and Carrots</b></p> <p>■ <b>Brown Rice</b></p> <p>■ <b>Egg Noodles</b></p>
Starches & Sides							