

# 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	<ul style="list-style-type: none"> <li><span style="color: yellow;">■</span> Assorted Eggs</li> <li><span style="color: red;">■</span> Bacon</li> <li><span style="color: red;">■</span> Pork Sausage</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Grilled Chicken Breast</li> <li><span style="color: yellow;">■</span> Assorted Eggs</li> <li><span style="color: yellow;">■</span> Chicken Sausage</li> <li><span style="color: yellow;">■</span> Steak &amp; Eggs</li> <li><span style="color: red;">■</span> Sausage Gravy</li> <li><span style="color: red;">■</span> Bacon</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Turkey TX Hash</li> <li><span style="color: yellow;">■</span> Turkey Sausage Gravy</li> <li><span style="color: yellow;">■</span> Assorted Eggs</li> <li><span style="color: yellow;">■</span> Turkey Bacon</li> <li><span style="color: red;">■</span> Bacon</li> <li><span style="color: red;">■</span> Pork Sausage Links</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Grilled Chicken Breast</li> <li><span style="color: yellow;">■</span> Assorted Eggs</li> <li><span style="color: yellow;">■</span> Chicken Sausage</li> <li><span style="color: red;">■</span> Sausage Gravy</li> <li><span style="color: red;">■</span> Bacon</li> <li><span style="color: red;">■</span> Smoked Sausage</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: yellow;">■</span> Turkey Sausage Gravy</li> <li><span style="color: yellow;">■</span> Assorted Eggs</li> <li><span style="color: yellow;">■</span> Turkey Sausage Patty</li> <li><span style="color: red;">■</span> Corned Beef Hash</li> <li><span style="color: red;">■</span> Bacon</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Grilled Chicken Breast</li> <li><span style="color: yellow;">■</span> Assorted Eggs</li> <li><span style="color: yellow;">■</span> Chicken Sausage</li> <li><span style="color: red;">■</span> Sausage Gravy</li> <li><span style="color: red;">■</span> Bacon</li> <li><span style="color: red;">■</span> Country Pork Sausage</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: yellow;">■</span> Assorted Eggs</li> <li><span style="color: red;">■</span> Bacon</li> <li><span style="color: red;">■</span> Pork Sausage</li> </ul>
Starches & Sides	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Fresh Fruit</li> <li><span style="color: red;">■</span> Hash Brown</li> <li><span style="color: red;">■</span> Biscuit</li> <li><span style="color: red;">■</span> Pancake</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Fresh Fruit</li> <li><span style="color: green;">■</span> Assorted Veg.</li> <li><span style="color: red;">■</span> Home Fried Potatoes</li> <li><span style="color: red;">■</span> Biscuit</li> <li><span style="color: red;">■</span> Ham, Egg &amp; Cheese Croissant</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Fresh Fruit</li> <li><span style="color: green;">■</span> Assorted Veg.</li> <li><span style="color: yellow;">■</span> Breakfast Taco</li> <li><span style="color: red;">■</span> Home Fried Potatoes</li> <li><span style="color: red;">■</span> Cinnamon Twist</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Fresh Fruit</li> <li><span style="color: green;">■</span> Assorted Veg.</li> <li><span style="color: red;">■</span> Home Fried Potatoes</li> <li><span style="color: red;">■</span> Biscuit</li> <li><span style="color: red;">■</span> Hash Brown</li> <li>Breakfast Sandwich</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Fresh Fruit</li> <li><span style="color: green;">■</span> Assorted Veg.</li> <li><span style="color: red;">■</span> Hash Brown</li> <li><span style="color: red;">■</span> Biscuit</li> <li><span style="color: red;">■</span> Cinnamon Roll</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Fresh Fruit</li> <li><span style="color: green;">■</span> Assorted Veg.</li> <li><span style="color: red;">■</span> Home Fried Potatoes</li> <li><span style="color: red;">■</span> Sausage, Egg, &amp; Cheese Biscuit</li> <li><span style="color: red;">■</span> Apple Turnover</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Fresh Fruit</li> <li><span style="color: red;">■</span> Hash Brown</li> <li><span style="color: red;">■</span> Biscuit</li> <li><span style="color: red;">■</span> French Toast</li> </ul>

## 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"> <li><span style="color: green;">■</span> Veggie Burger</li> <li><span style="color: green;">■</span> Turkey Burger</li> <li><span style="color: green;">■</span> Salmon Burger</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Grilled Chicken Sandwich</li> <li><span style="color: yellow;">■</span> Hamburger</li> <li><span style="color: yellow;">■</span> Cheeseburger</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: yellow;">■</span> Grilled Cheese</li> <li><span style="color: yellow;">■</span> Grilled Ham &amp; Cheese</li> <li><span style="color: red;">■</span> Hot Dog</li> </ul>
			<ul style="list-style-type: none"> <li><span style="color: red;">■</span> French Fries</li> <li><span style="color: red;">■</span> Sweet Potato Fries (Fries available at lunch Mon.-Friday)</li> </ul>

## 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
	15 FEB	16 FEB	17 FEB	18 FEB	19 FEB	20 FEB	21 FEB

## LUNCH

Entrée	Starches, Sides & Soup
<p>■ Baked Turkey &amp; 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>■ Roasted Baby Carrots</p> <p>■ Collard Greens</p> <p>■ Oven Roasted Potatoes</p> <p>■ Rice Pilaf</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>■ Roasted Broccoli</p> <p>■ Sautéed Zucchini</p> <p>■ Parsley Potatoes</p> <p>■ Herbed Brown Rice</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>■ Fresh Green Beans</p> <p>■ Mexican Corn</p> <p>■ Potatoes O'Brien</p> <p>■ Jalapeno Brown Rice</p> <p>■ Chicken Tortilla Soup</p>
<p>■ Roast Turkey (162 kcals, 25 g Pro, 8 g Fat, &lt;1 g CHO)</p> <p>■ Chicken Pot Pie (422 kcals, 42 g Pro, 14 g Fat, 30 g CHO)</p> <p>■ Shrimp &amp; Cheesy Grits (444 kcals, 17 g Pro, 26 g Fat, 28 g CHO)</p>	<p>■ Roasted Baby Carrots</p> <p>■ Sautéed Asparagus</p> <p>■ Steamed Rice</p> <p>■ Baked Mac &amp; Cheese</p> <p>■ Chicken Noodle Soup</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>■ Caribbean Cabbage</p> <p>■ Roasted Green Beans</p> <p>■ Asian Noodle Stir-fry</p> <p>■ Chicken &amp; Veg. Potstickers</p> <p>■ Mulligatawny Soup</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>■ 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>■ 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>	<p>■ Roasted Asparagus</p> <p>■ Herbed Green Beans</p> <p>■ Parsley Potatoes</p> <p>■ Hawaiian Roll</p>

## DINNER

Entrée	Starches & Sides
<p>■ Roast Turkey (162 kcals, 25 g Pro, 8 g Fat, &lt;1 g CHO)</p> <p>■ Salisbury Steak w/Gravy (254 kcals, 18 g Pro, 16 g Fat, 11 g CHO)</p>	<p>■ Roasted Cauliflower</p> <p>■ Fresh Green Beans</p> <p>■ Sweet Potato Wedges</p> <p>■ Cornbread Dressing</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>■ Normandy Veg. Blend</p> <p>■ Asparagus &amp; Onions</p> <p>■ Refried Beans</p> <p>■ Mexican Brown Rice</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>■ Mixed Vegetables</p> <p>■ Garlic Roasted Broccoli</p> <p>■ Bowtie Pasta</p> <p>■ Garlic Mashed Potatoes</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>■ Herbed Green Beans</p> <p>■ Potato Wedges</p> <p>■ Cinnamon Apples</p> <p>■ Steamed Rice</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>■ New Brunswick Veg. Blend</p> <p>■ Collard Greens</p> <p>■ Wild Rice</p> <p>■ Rosemary Roasted Potatoes</p>
<p>■ Beef &amp; 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>■ Mandarin Veg. Stir Fry</p> <p>■ Snow Peas &amp; Carrots</p> <p>■ Sweet Potato Wedges</p> <p>■ Vegetable Fried Rice</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>	<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

	<b>SUN</b>	<b>MON</b>	<b>TUES</b>	<b>WED</b>	<b>THURS</b>	<b>FRI</b>	<b>SAT</b>
	<b>22 FEB</b>	<b>23 FEB</b>	<b>24 FEB</b>	<b>25 FEB</b>	<b>26 FEB</b>	<b>27 FEB</b>	<b>28 FEB</b>

## LUNCH

	<b>SUN</b>	<b>MON</b>	<b>TUES</b>	<b>WED</b>	<b>THURS</b>	<b>FRI</b>	<b>SAT</b>
<b>Entrée</b>	<ul style="list-style-type: none"> <li><span style="color: yellow;">■</span> <b>Seasoned Chicken Qtr</b> (365 kcals, 26 g Pro, 27 g Fat, 3 g CHO)</li> <li><span style="color: green;">■</span> <b>Braised Beef Cubes</b> (251 kcals, 38 g Pro, 8 g Fat, 9 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> <b>Chicken Gacciatore</b> (295 kcals, 42 g Pro, 10 g Fat, 7 g CHO)</li> <li><span style="color: yellow;">■</span> <b>Shrimp Scampi</b> (228 kcals, 13 g Pro, 14 g Fat, 3 g CHO)</li> <li><span style="color: red;">■</span> <b>Italian Pork Chop</b> (255 kcals, 24 g Pro, 16 g Fat, 4 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> <b>Southwestern Salmon</b> (264 kcals, 42 g Pro, 8 g Fat, 2 g CHO)</li> <li><span style="color: yellow;">■</span> <b>Seasoned Chicken Qtr</b> (365 kcals, 26 g Pro, 27 g Fat, 3 g CHO)</li> <li><span style="color: yellow;">■</span> <b>Beef Enchiladas</b> (405 kcals, 23 g Pro, 17 g Fat, 39 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> <b>Potato Crusted Cod</b> (242 kcals, 24 g Pro, 8 g Fat, 15 g CHO)</li> <li><span style="color: yellow;">■</span> <b>Oven Fried Chicken Qtr</b> (580 kcals, 28 g Pro, 44 g Fat, 19 g CHO)</li> <li><span style="color: yellow;">■</span> <b>Smoked Turkey Leg</b> (459 kcals, 60 g Pro, 24 g Fat, 0 g CHO)</li> <li><span style="color: red;">■</span> <b>Sam's Rub Spareribs</b> (608 kcals, 41 g Pro, 36 g Fat, 30 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> <b>Grilled Shrimp</b> (197 kcals, 12 g Pro, 11 g Fat, 2 g CHO)</li> <li><span style="color: yellow;">■</span> <b>Beef Bulgogi</b> (259 kcals, 15 g Pro, 17 g Fat, 12 g CHO)</li> <li><span style="color: red;">■</span> <b>Korean BBQ Spareribs</b> (574 kcals, 41 g Pro, 38 g Fat, 17 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> <b>Lemon Pepper Tilipia</b> (152 kcals, 26 g Pro, 5 g Fat, &lt;1 g CHO)</li> <li><span style="color: yellow;">■</span> <b>Greek Chicken Qtr</b> (436 kcals, 26 g Pro, 37 g Fat, &lt;1 g CHO)</li> <li><span style="color: yellow;">■</span> <b>Baked Turkey &amp; Noodles</b> (515 kcals, 33 g Pro, 25 g Fat, 44 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> <b>Chicken Pot Pie</b> (309 kcals, 21 g Pro, 10 g Fat, 35 g CHO)</li> <li><span style="color: yellow;">■</span> <b>Beef Pot Roast</b> (360 kcals, 28 g Pro, 26 g Fat, 4 g CHO)</li> </ul>
<b>Starches, Sides &amp; Soup</b>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Roasted Carrots</li> <li><span style="color: green;">■</span> Steamed Broccoli</li> <li><span style="color: yellow;">■</span> Steamed Rice</li> <li><span style="color: yellow;">■</span> Egg Noodles</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Italian Veg. Blend</li> <li><span style="color: green;">■</span> Sauteed Asparagus</li> <li><span style="color: yellow;">■</span> Linguine</li> <li><span style="color: yellow;">■</span> Garlic Mashed Potatoes</li> <li><span style="color: green;">■</span> Minestrone Soup</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Steamed Broccoli</li> <li><span style="color: green;">■</span> Cabbage w/Peppers</li> <li><span style="color: green;">■</span> Borracho Beans</li> <li><span style="color: red;">■</span> Jalapeno Cornbread</li> <li><span style="color: green;">■</span> Chicken Tortilla Soup</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Collard Greens</li> <li><span style="color: green;">■</span> Pinto Beans</li> <li><span style="color: green;">■</span> Corn</li> <li><span style="color: red;">■</span> Baked Mac &amp; Cheese</li> <li><span style="color: yellow;">■</span> Chicken Gumbo</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Fresh Green Beans</li> <li><span style="color: green;">■</span> Sauteed Cabbage</li> <li><span style="color: green;">■</span> Korean Spinach</li> <li><span style="color: yellow;">■</span> Jasmine Rice</li> <li><span style="color: red;">■</span> Mulligatawny Soup</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Asparagus</li> <li><span style="color: green;">■</span> Malibu Veg. Blend</li> <li><span style="color: green;">■</span> Parsley Potatoes</li> <li><span style="color: yellow;">■</span> Greek Rice</li> <li><span style="color: green;">■</span> Vegetable Beef Soup</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Collard Greens</li> <li><span style="color: green;">■</span> Peas &amp; Pearl Onion</li> <li><span style="color: yellow;">■</span> Mashed Potatoes</li> <li><span style="color: yellow;">■</span> Parkerhouse Roll</li> </ul>

## DINNER

	<b>SUN</b>	<b>MON</b>	<b>TUES</b>	<b>WED</b>	<b>THURS</b>	<b>FRI</b>	<b>SAT</b>
<b>Entrée</b>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> <b>Spinach Lasagna</b> (290 kcals, 20 g Pro, 9 g Fat, 36 g CHO)</li> <li><span style="color: green;">■</span> <b>Chicken Primavera</b> (246 kcals, 25 g Pro, 6 g Fat, 24 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> <b>Citrus Herb Chicken</b> (295 kcals, 41 g Pro, 11 g Fat, 6 g CHO)</li> <li><span style="color: green;">■</span> <b>Potato Crusted Cod</b> (242 kcals, 24 g Pro, 8 g Fat, 15 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> <b>Asian BBQ Chicken</b> (295 kcals, 34 g Pro, 10 g Fat, 17 g CHO)</li> <li><span style="color: yellow;">■</span> <b>Beef Pepper Steak</b> (156 kcals, 25 g Pro, 4 g Fat, 6 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> <b>Roast Turkey</b> (162 kcals, 25 g Pro, 8 g Fat, &lt;1 g CHO)</li> <li><span style="color: red;">■</span> <b>Baked Spareribs</b> (508 kcals, 38 g Pro, 37 g Fat, 3 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> <b>Teriyaki Salmon</b> (273 kcals, 42 g Pro, 9 g Fat, 4 g CHO)</li> <li><span style="color: yellow;">■</span> <b>Mongolian Beef</b> (266 kcals, 29 g Pro, 11 g Fat, 11 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: yellow;">■</span> <b>Apple Glazed Pork Loin</b> (284 kcals, 31 g Pro, 11 g Fat, 15 g CHO)</li> <li><span style="color: red;">■</span> <b>Country Style Steak</b> (360 kcals, 19 g Pro, 17 g Fat, 34 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: yellow;">■</span> <b>Chicken Alfredo</b> (373 kcals, 23 g Pro, 14 g Fat, 39 g CHO)</li> <li><span style="color: green;">■</span> <b>Lemon Baked Cod</b> (147 kcals, 31 g Pro, 2 g Fat, &lt;1 g CHO)</li> </ul>
<b>Starches &amp; Sides</b>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Roasted Carrots</li> <li><span style="color: green;">■</span> Sautéed Brussel Sprouts</li> <li><span style="color: yellow;">■</span> Rice Pilaf</li> <li><span style="color: yellow;">■</span> Bowtie Pasta</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> New Brunswick Veg. Blend</li> <li><span style="color: green;">■</span> Zucchini &amp; Squash</li> <li><span style="color: yellow;">■</span> Steamed Rice</li> <li><span style="color: yellow;">■</span> Mashed Potatoes</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Mandarin Veg. Stir Fry</li> <li><span style="color: green;">■</span> Roasted Cauliflower</li> <li><span style="color: yellow;">■</span> Steamed Rice</li> <li><span style="color: yellow;">■</span> Egg Noodles</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Normandy Veg. Blend</li> <li><span style="color: green;">■</span> Lyonnaise Green Beans</li> <li><span style="color: yellow;">■</span> Rice Pilaf</li> <li><span style="color: yellow;">■</span> Mashed Potatoes</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Sesame Green Beans</li> <li><span style="color: green;">■</span> Mandarin Veg. Stir Fry</li> <li><span style="color: green;">■</span> Brown Rice</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Roasted Squash</li> <li><span style="color: green;">■</span> Herbed Green Beans</li> <li><span style="color: green;">■</span> Brown Rice</li> <li><span style="color: red;">■</span> Mac &amp; Cheese</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Bermuda Veg. Blend</li> <li><span style="color: green;">■</span> Steamed Spinach</li> <li><span style="color: green;">■</span> Sw. Potato Wedges</li> <li><span style="color: yellow;">■</span> Steamed Rice</li> </ul>

# BLUE RIBBON BISTRO MENU



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

**WEEK 3**

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

	<b>SUN</b>	<b>MON</b>	<b>TUES</b>	<b>WED</b>	<b>THURS</b>	<b>FRI</b>	<b>SAT</b>
	<b>01 MAR</b>	<b>02 MAR</b>	<b>03 MAR</b>	<b>04 MAR</b>	<b>05 MAR</b>	<b>06 MAR</b>	<b>07 MAR</b>

## LUNCH

	<b>SUN</b>	<b>MON</b>	<b>TUES</b>	<b>WED</b>	<b>THURS</b>	<b>FRI</b>	<b>SAT</b>
	<b>01 MAR</b>	<b>02 MAR</b>	<b>03 MAR</b>	<b>04 MAR</b>	<b>05 MAR</b>	<b>06 MAR</b>	<b>07 MAR</b>
<b>Entrée</b>	<ul style="list-style-type: none"> <li>■ Honey BBQ Chicken (443 kcals, 43 g Pro, 9 g Fat, 48 g CHO)</li> <li>■ Roasted Pork Loin (170 kcals, 24 g Pro, 9 g Fat, 0 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Baked Salmon (256 kcals, 42 g Pro, 9 g Fat, &lt;1 g CHO)</li> <li>■ Chicken Vega (623 kcals, 34 g Pro, 33 g Fat, 48 g CHO)</li> <li>■ Hamburger Steak (528 kcals, 27 g Pro, 45 g Fat, 3 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Chipotle Lime Tilapia (333 kcals, 21 g Pro, 13 g Fat, 32 g CHO)</li> <li>■ Cajun Pork Loin (196 kcals, 24 g Pro, 10 g Fat, 0 g CHO)</li> <li>■ Seasoned Chicken Qtr (365 kcals, 26 g Pro, 27 g Fat, 3 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Italian Roast Turkey (171 kcals, 25 g Pro, 8 g Fat, &lt;1 g CHO)</li> <li>■ Citrus Herb Chicken (295 kcals, 41 g Pro, 11 g Fat, 6 g CHO)</li> <li>■ Beef Lasagna (499 kcals, 34 g Pro, 23 g Fat, 42 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Lemon Ginger Cod (264 kcals, 31 g Pro, 15 g Fat, 1 g CHO)</li> <li>■ Teriyaki Chicken (312 kcals, 38 g Pro, 12 g Fat, 13 g CHO)</li> <li>■ Beef Szechuan (283 kcals, 16 g Pro, 19 g Fat, 13 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Garlic Lemon Cod (201 kcals, 21 g Pro, 7 g Fat, 13 g CHO)</li> <li>■ Seasoned Chicken Qtr (365 kcals, 26 g Pro, 27 g Fat, 3 g CHO)</li> <li>■ Beef Stroganoff (466 kcals, 33 g Pro, 18 g Fat, 42 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Chicken Parmesan (288 kcals, 23 g Pro, 9 g Fat, 31 g CHO)</li> <li>■ Baked Spaghetti (457 kcals, 26 g Pro, 12 g Fat, 60 g CHO)</li> </ul>
<b>Starches, Sides &amp; Soup</b>	<ul style="list-style-type: none"> <li>■ Collard Greens</li> <li>■ Steamed Broccoli</li> <li>■ Mashed Potatoes</li> <li>■ Steamed Rice</li> </ul>	<ul style="list-style-type: none"> <li>■ Sautéed Cabbage</li> <li>■ Roasted Squash</li> <li>■ Wild Rice</li> <li>■ Potato Soup</li> </ul>	<ul style="list-style-type: none"> <li>■ Sautéed Zucchini</li> <li>■ Corn Hacienda</li> <li>■ Cilantro Lime Rice</li> <li>■ Chicken Tortilla Soup</li> </ul>	<ul style="list-style-type: none"> <li>■ Roasted Italian Veg. Medley</li> <li>■ Herbed Green Beans</li> <li>■ Brown Rice</li> <li>■ Garlic Breadstick</li> <li>■ Lasagna Soup</li> </ul>	<ul style="list-style-type: none"> <li>■ Mandarin Stir-Fry Veg.</li> <li>■ Kung Pao Brussel Sprouts</li> <li>■ Sweet Potato Wedges</li> <li>■ Mulligatawny Soup</li> </ul>	<ul style="list-style-type: none"> <li>■ Roasted Cauliflower</li> <li>■ Sautéed Zucchini</li> <li>■ Greek Roasted Potato Wedges</li> <li>■ Rice Pilaf w/Orzo</li> <li>■ Vegetable Beef Soup</li> </ul>	<ul style="list-style-type: none"> <li>■ Italian Veg. Blend</li> <li>■ Sauteed Broccoli</li> <li>■ Linguine</li> <li>■ Garlic Bread</li> </ul>

## DINNER

<b>Entrée</b>	<ul style="list-style-type: none"> <li>■ Chicken Cacciatore (295 kcals, 42 g Pro, 10 g Fat, 7 g CHO)</li> <li>■ Cheese Pizza (380 kcals, 13 g Pro, 16 g Fat, 45 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Rosemary Chicken Qtr (369 kcals, 27 g Pro, 29 g Fat, 1 g CHO)</li> <li>■ Baked Penne (388 kcals, 28 g Pro, 18 g Fat, 30 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Szechuan Chicken Qtr (407 kcals, 27 g Pro, 28 g Fat, 14 g CHO)</li> <li>■ Korean Pork Ribs (511 kcals, 38 g Pro, 37 g Fat, 5 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ BBQ Chicken Qtr (424 kcals, 27 g Pro, 28 g Fat, 16 g CHO)</li> <li>■ Beef Brisket Sandwich (735 kcals, 55 g Pro, 21 g Fat, 81 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Oven Fried Chicken Qtr (580 kcals, 28 g Pro, 44 g Fat, 19 g CHO)</li> <li>■ Smoked Sausage w/Peppers &amp; Onions (523 kcals, 18 g Pro, 45 g Fat, 14 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Mongolian Chicken (293 kcals, 23 g Pro, 5 g Fat, 39 g CHO)</li> <li>■ BBQ Pork Rib Sandwich (602 kcals, 43 g Pro, 20 g Fat, 56 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Baked Chicken Qtr (352 kcals, 26 g Pro, 27 g Fat, &lt;1 g CHO)</li> <li>■ Swedish Meatballs (393 kcals, 24 g Pro, 28 g Fat, 11 g CHO)</li> </ul>
<b>Starches &amp; Sides</b>	<ul style="list-style-type: none"> <li>■ Italian Veg. Blend</li> <li>■ Roasted Squash</li> <li>■ Linguine</li> <li>■ Garlic Bread</li> </ul>	<ul style="list-style-type: none"> <li>■ Mixed Veg. Blend</li> <li>■ Sauteed Spinach</li> <li>■ Garlic Mashed Potatoes</li> <li>■ Hawaiian Roll</li> </ul>	<ul style="list-style-type: none"> <li>■ Sauteed Green Beans</li> <li>■ Mixed Veg. Blend</li> <li>■ Paprika Potatoes</li> <li>■ Jasmine Rice</li> </ul>	<ul style="list-style-type: none"> <li>■ Collard Greens</li> <li>■ Glazed Baby Carrots</li> <li>■ Steak Fries</li> <li>■ Texas Toast</li> </ul>	<ul style="list-style-type: none"> <li>■ Sauteed Cabbage</li> <li>■ Seasoned Green Beans</li> <li>■ Parsley Potatoes</li> <li>■ Steamed Rice</li> </ul>	<ul style="list-style-type: none"> <li>■ Normandy Veg. Blend</li> <li>■ Garlic Roasted Broccoli</li> <li>■ Brown Rice</li> <li>■ Mashed Potatoes</li> </ul>	<ul style="list-style-type: none"> <li>■ Asparagus</li> <li>■ Mixed Veg. Blend</li> <li>■ Brown Rice</li> <li>■ Egg Noodles</li> </ul>