

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 |

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 |
|---|--|---|---|

BLUE RIBBON BISTRO MENU



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WEEK 1

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

| | SUN | MON | TUES | WED | THURS | FRI | SAT |
|--|---------|---------|---------|---------|---------|---------|---------|
| | 20 JULY | 21 JULY | 22 JULY | 23 JULY | 24 JULY | 25 JULY | 26 JULY |

LUNCH

| Entrée | <p>■ Citrus Herb Chicken (247 kcals, 33 g Pro, 9.5 g Fat, 6 g CHO)</p> <p>■ Oven Fried Pork Chop (345 kcals, 25 g Pro, 18 g Fat, 20 g CHO)</p> | <p>■ Seasoned Chicken (350 kcals, 26 g Pro, 27 g Fat, 2.5 g CHO)</p> <p>■ Cheese Ravioli (346 kcals, 14 g Pro, 15 g Fat, 39 g CHO)</p> <p>■ Lemon Spaghetti w/ Shrimp (604 kcals, 26 g Pro, 31 g Fat, 69 g CHO)</p> | <p>■ Stuffed Bell Peppers (264 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 (413 kcals, 26 g Pro, 32 g Fat, 5 g CHO)</p> | <p>■ Lemon Pepper Tilapia (147 kcals, 26 g Pro, 5 g Fat, <1 g CHO)</p> <p>■ Seasoned Chicken (350 kcals, 26 g Pro, 27 g Fat, 2.5 g CHO)</p> <p>■ Smoked Sausage & Red Beans (441 kcals, 19 g Pro, 28 g Fat, 31 g CHO)</p> | <p>■ Kung Pao Chicken (295 kcals, 42 g Pro, 8 g Fat, 12 g CHO)</p> <p>■ Sriracha Salmon (395 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>■ Cajun Crusted Catfish (336 kcals, 37 g Pro, 1 g Fat, 39 g CHO)</p> <p>■ Herb Crusted Flank Steak (229 kcals, 25 g Pro, 11 g Fat, 13 g CHO)</p> <p>■ Seasoned Chicken (350 kcals, 26 g Pro, 27 g Fat, 2.5 g CHO)</p> | <p>■ Chicken Alfredo (373 kcals, 23 g Pro, 14 g Fat, 39 g CHO)</p> <p>■ Rosemary & Garlic Roasted Pork Loin (217 kcals, 26 g Pro, 11 g Fat, 1 g CHO)</p> |
|------------------------|--|---|--|--|---|--|--|
| Starches, Sides & Soup | <p>■ Sautéed Spinach</p> <p>■ Roasted Baby Carrots</p> <p>■ Oven Roasted Potato</p> <p>■ Mac & 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>■ Roasted Baby Carrots</p> <p>■ Fresh Asparagus</p> <p>■ Rice Pilaf w/ Orzo</p> <p>■ Louisiana Cornbread</p> <p>■ Chicken Noodle Soup</p> | <p>■ Squash/Zucchini</p> <p>■ Greens Medley</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>■ Steamed Rice</p> <p>■ Yeast Roll</p> | <p>■ Peas & Carrots</p> <p>■ Tuscany Veg. Blend</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>■ 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 (321 kcals, 36 g Pro, 13 g Fat, 15 g CHO)</p> | <p>■ Lemon Baked Cod (160 kcals, 30 g Pro, 4 g Fat, <1 g CHO)</p> <p>■ Chicken Giardino (382 kcals, 27 g Pro, 11 g Fat, 45 g CHO)</p> | <p>■ Baked Salmon w/ Summer Salsa (287 kcals, 43 g Pro, 11 g Fat, 2 g CHO)</p> <p>■ Oven Fried Chicken (583 kcals, 28 g Pro, 44 g Fat, 18 g CHO)</p> | <p>■ Beef & Broccoli (217 kcals, 19 g Pro, 8 g Fat, 18 g CHO)</p> <p>■ Chinese 5 Spice Chicken (361 kcals, 27 g Pro, 27 g Fat, 2 g CHO)</p> | <p>■ Beef Yakisoba (408 kcals, 32 g Pro, 13 g Fat, 38 g CHO)</p> <p>■ Asian BBQ Chicken (303 kcals, 34 g Pro, 11 g Fat, 16 g CHO)</p> |
|------------------|--|--|---|--|--|---|---|
| Starches & Sides | <p>■ Peas & 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>■ Egg Noodles</p> <p>■ Garlic Mashed Potatoes</p> | <p>■ Steamed Cauliflower</p> <p>■ Herbed Green Beans</p> <p>■ Potato Wedges</p> <p>■ Hawaiian Roll</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>■ Brown Rice</p> <p>■ Sweet Potato Wedges</p> <p>■ Ginger Glazed Carrots</p> | <p>■ Squash/Zucchini</p> <p>■ Greens Medley</p> <p>■ Brown Rice</p> |

BLUE RIBBON BISTRO MENU



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WEEK 2

■ = Eat Often

■ = Eat Occasionally

■ = Eat Rarely

| | SUN | MON | TUES | WED | THURS | FRI | SAT |
|--|---------|---------|---------|---------|---------|--------|--------|
| | 27 JULY | 28 JULY | 29 JULY | 30 JULY | 31 JULY | 01 AUG | 02 AUG |

LUNCH

| | | | | | | | |
|-----------------------------------|--|--|---|--|--|---|--|
| Entrée | ■ Potato Crusted Cod (243 kcals, 23 g Pro, 8 g Fat, 15 g CHO) ■ Braised Beef Cubes (323 kcals, 50 g Pro, 10 g Fat, 9 g CHO) | ■ Chicken Giardino (382 kcals, 27 g Pro, 11 g Fat, 45 g CHO) ■ Grilled Shrimp (195 kcals, 12 g Pro, 10 g Fat, 2 g CHO) ■ Seasoned Chicken (350 kcals, 26 g Pro, 27 g Fat, 2.5 g CHO) | ■ Southwestern Salmon (264 kcals, 42 g Pro, 9 g Fat, 2 g CHO) ■ Spicy Garlic Lime Chicken (429 kcals, 26 g Pro, 33 g Fat, 9 g CHO) ■ Beef Fajitas (403 kcals, 29 g Pro, 14 g Fat, 39 g CHO) | ■ Lemon Garlic Crusted Cod (202 kcals, 21 g Pro, 7 g Fat, 13 g CHO) ■ Seasoned Chicken (350 kcals, 26 g Pro, 27 g Fat, 2.5 g CHO) ■ Hamburger Steak (528 kcals, 28 g Pro, 45 g Fat, 3 g CHO) | ■ Teriyaki Chicken (228 kcals, 32 g Pro, 6 g Fat, 10 g CHO) ■ Ginger Butter Flounder (242 kcals, 19 g Pro, 18 g Fat, 1 g CHO) ■ Szechuan Beef Stir Fry (356 kcals, 19 g Pro, 19 g Fat, 31 g CHO) | ■ Cucumber Dill Salmon (309 kcals, 43 g Pro, 13 g Fat, 2 g CHO) ■ Mediterranean Steak (393 kcals, 27 g Pro, 24 g Fat, 15 g CHO) ■ Seasoned Chicken (350 kcals, 26 g Pro, 27 g Fat, 2.5 g CHO) | ■ Chicken Pot Pie (317 kcals, 22 g Pro, 10 g Fat, 35 g CHO) ■ Beef Pot Roast (240 kcals, 19 g Pro, 17 g Fat, 3 g CHO) |
| Starches, Sides & Soup | ■ Mixed Vegetables ■ Steamed Broccoli ■ Steamed Rice ■ Egg Noodles | ■ Fresh Asparagus ■ Malibu Vegetable Blend ■ Linguine ■ Garlic Mashed Potatoes ■ Minestrone Soup | ■ Steamed Broccoli ■ Sauteed Cabbage w/ Peppers ■ Borracho Beans ■ Jalapeno Cornbread ■ Chicken Tortilla Soup | ■ Collard Greens ■ Seasoned Pinto Beans ■ Corn on the Cob ■ Steamed Rice ■ Chicken Noodle Soup | ■ Kung Pao Brussel Sprouts ■ Mandarin Veg. Stir Fry ■ Sweet Potato Wedges ■ Steamed Rice ■ Mulligatawny Soup | ■ Asparagus w/Onions ■ Roasted Cauliflower ■ Parsley Potatoes ■ Greek Rice ■ Vegetable Beef Soup | ■ Collard Greens ■ Peas & Pearl Onion ■ Mashed Potatoes ■ Yeast Roll |

DINNER

| | | | | | | | |
|-----------------------------|--|--|---|--|---|---|--|
| Entrée | ■ Spinach Lasagna (292 kcals, 20 g Pro, 9 g Fat, 36 g CHO) ■ Chicken Primavera (246 kcals, 25 g Pro, 6 g Fat, 24 g CHO) | ■ Potato Crusted Cod (243 kcals, 23 g Pro, 8 g Fat, 15 g CHO) ■ Citrus Herb Chicken (247 kcals, 33 g Pro, 9.5 g Fat, 6 g CHO) | ■ Teriyaki Salmon (268 kcals, 43 g Pro, 9 g Fat, 2 g CHO) ■ Mongolian Beef (266 kcals, 29 g Pro, 11 g Fat, 11 g CHO) | ■ Roast Turkey (162 kcals, 25 g Pro, 8 g Fat, <1 g CHO) ■ Smothered Pork Chop (356 kcals, 23 g Pro, 21 g Fat, 18 g CHO) | ■ Asian BBQ Chicken (303 kcals, 34 g Pro, 11 g Fat, 16 g CHO) ■ Beef Pepper Steak (250 kcals, 34 g Pro, 10 g Fat, 5 g CHO) | ■ Lemon Baked Cod (160 kcals, 30 g Pro, 4 g Fat, <1 g CHO) ■ Rosemary Chicken (369 kcals, 27 g Pro, 29 g Fat, 1 g CHO) | ■ Braised Beef Cubes (323 kcals, 50 g Pro, 10 g Fat, 9 g CHO) ■ Coconut Crusted Tilapia (265 kcals, 27 g Pro, 10 g Fat, 17 g CHO) |
| Starches & Sides | ■ Roasted Carrots ■ Sautéed Brussel Sprouts ■ Rice Pilaf ■ Egg Noodles | ■ New Brunswick Veg. Blend ■ Zucchini & Squash ■ Steamed Rice ■ Mashed Potatoes | ■ Sesame Green Beans ■ Mandarin Veg. Stir Fry ■ Brown Rice | ■ Normandy Veg. Blend ■ Lyonnaise Green Beans ■ Brown Rice ■ Mashed Potatoes | ■ Mandarin Veg. Stir Fry ■ Roasted Cauliflower ■ Steamed Rice ■ Egg Noodles | ■ Roasted Summer Squash ■ Herbed Green Beans ■ Brown Rice ■ Roasted Potatoes | ■ Bermuda Veg. Blend ■ Sw. Potato Wedges ■ Glazed Carrots ■ 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 |
|--|--------|--------|--------|--------|--------|--------|--------|
| | 03 AUG | 04 AUG | 05 AUG | 06 AUG | 07 AUG | 08 AUG | 09 AUG |

LUNCH

| Entrée | <p>■ Lemon Garlic Crusted Cod (202 kcals, 21 g Pro, 7 g Fat, 13 g CHO)</p> <p>■ Chicken Cacciatore (184 kcals, 24 g Pro, 7 g Fat, 7 g CHO)</p> | <p>■ Fra Diavolo Shrimp (249 kcals, 11 g Pro, 11 g Fat, 6 g CHO)</p> <p>■ Beef Tagliata (338 kcals, 33 g Pro, 19 g Fat, 7 g CHO)</p> <p>■ Seasoned Chicken (350 kcals, 26 g Pro, 27 g Fat, 2.5 g CHO)</p> | <p>■ Chipotle Lime Tilapia (335 kcals, 21 g Pro, 13 g Fat, 32 g CHO)</p> <p>■ Seasoned Chicken (350 kcals, 26 g Pro, 27 g Fat, 2.5 g CHO)</p> <p>■ Cajun Roasted Pork Loin (196 kcals, 24 g Pro, 10 g Fat, 0 g CHO)</p> | <p>■ Baked Salmon w/ Summer Salsa (287 kcals, 43 g Pro, 11 g Fat, 2 g CHO)</p> <p>■ Seasoned Chicken (350 kcals, 26 g Pro, 27 g Fat, 2.5 g CHO)</p> <p>■ Smoked Sausage w/ Peppers & Onions (523 kcals, 18 g Pro, 45 g Fat, 14 g CHO)</p> | <p>■ Lemon Pepper Tilapia (147 kcals, 26 g Pro, 5 g Fat, <1 g CHO)</p> <p>■ 5 Spice Pork Loin (157 kcals, 20 g Pro, 7 g Fat, 3 g CHO)</p> <p>■ Caribbean Beef Curry (364 kcals, 42 g Pro, 15 g Fat, 17 g CHO)</p> | <p>■ Lemon Garlic Crusted Cod (202 kcals, 21 g Pro, 7 g Fat, 13 g CHO)</p> <p>■ Mr. Powell's Chicken Wings (500 kcals, 37 g Pro, 34 g Fat, 13 g CHO)</p> <p>■ Seasoned Chicken (350 kcals, 26 g Pro, 27 g Fat, 2.5 g CHO)</p> | <p>■ Chicken Parmesan (274 kcals, 38 g Pro, 6 g Fat, 16 g CHO)</p> <p>■ Spaghetti w/ Meatballs (578 kcals, 24 g Pro, 22 g Fat, 72 g CHO)</p> |
|------------------------|--|--|--|--|---|--|--|
| Starches, Sides & Soup | <p>■ Squash/Zucchini</p> <p>■ Steamed Broccoli</p> <p>■ Buttered Bowtie Pasta</p> <p>■ Steamed Rice</p> | <p>■ Fresh Asparagus</p> <p>■ Sautéed Brussel Sprouts</p> <p>■ Roasted Italian Vegetable</p> <p>■ Rice Pilaf w/ Orzo</p> <p>■ Toscana Soup</p> | <p>■ Sautéed Kale</p> <p>■ Mexican Roasted Veg.</p> <p>■ Paprika Potatoes</p> <p>■ Cilantro Lime Rice</p> <p>■ Chicken Tortilla Soup</p> | <p>■ Sautéed Cabbage</p> <p>■ Fresh Asparagus</p> <p>■ Roasted Squash</p> <p>■ Wild Rice</p> <p>■ Parsley Potatoes</p> <p>■ Chicken Noodle Soup</p> | <p>■ Savory Root Vegetables</p> <p>■ Crispy Roasted Green Beans</p> <p>■ Greens Medley</p> <p>■ Potstickers</p> <p>■ Mulligatawny Soup</p> | <p>■ Roasted Baby Carrots</p> <p>■ Red Potato Wedges</p> <p>■ Sautéed Zucchini w/ Onions</p> <p>■ Rice Pilaf w/Orzo</p> <p>■ Vegetable Beef Soup</p> | <p>■ Italian Veg. Blend</p> <p>■ Sautéed Broccoli</p> <p>■ Linguine</p> <p>■ Garlic Bread</p> |

DINNER

| Entrée | <p>■ Chicken Parmesan (274 kcals, 38 g Pro, 6 g Fat, 16 g CHO)</p> <p>■ Beef Lasagna (498 kcals, 34 g Pro, 22 g Fat, 42 g CHO)</p> | <p>■ Rosemary Chicken (369 kcals, 27 g Pro, 29 g Fat, 1 g CHO)</p> <p>■ Baked Penne (388 kcals, 28 g Pro, 18 g Fat, 30 g CHO)</p> | <p>■ Szechuan Chicken (407 kcals, 27 g Pro, 28 g Fat, 14 g CHO)</p> <p>■ 5 Spice Pork Loin (157 kcals, 20 g Pro, 7 g Fat, 3 g CHO)</p> | <p>■ Meatloaf w/ Brown Gravy (334 kcals, 30 g Pro, 15 g Fat, 19 g CHO)</p> <p>■ BBQ Chicken (424 kcals, 27 g Pro, 28 g Fat, 16 g CHO)</p> | <p>■ Chicken Cutlet (274 kcals, 34 g Pro, 11 g Fat, 8 g CHO)</p> <p>■ Lemon Baked Cod (160 kcals, 30 g Pro, 4 g Fat, <1 g CHO)</p> | <p>■ Mongolian Chicken (200 kcals, 19 g Pro, 6 g Fat, 20 g CHO)</p> <p>■ Braised Pork Chop (259 kcals, 21 g Pro, 15 g Fat, 19 g CHO)</p> | <p>■ Baked Chicken (352 kcals, 26 g Pro, 27 g Fat, <1 g CHO)</p> <p>■ Swedish Meatballs (393 kcals, 24 g Pro, 28 g Fat, 11 g CHO)</p> |
|------------------|--|---|--|---|---|--|--|
| Starches & Sides | <p>■ Italian Veg. Blend</p> <p>■ Summer Roasted Squash</p> <p>■ Linguine</p> <p>■ Hawaiian Roll</p> | <p>■ Peas & Carrots</p> <p>■ Sautéed Spinach</p> <p>■ Garlic Mashed Potatoes</p> <p>■ Garlic Bread</p> | <p>■ Sautéed Green Beans</p> <p>■ Peas and Carrots</p> <p>■ Paprika Potatoes</p> <p>■ Steamed Rice</p> | <p>■ Collard Greens</p> <p>■ Glazed Baby Carrots</p> <p>■ Steamed Rice</p> <p>■ Mashed Potatoes</p> | <p>■ Sautéed Cabbage</p> <p>■ Seasoned Green Beans</p> <p>■ Parsley Potatoes</p> <p>■ Steamed Rice</p> | <p>■ Normandy Veg. Blend</p> <p>■ Garlic Roasted Broccoli</p> <p>■ Brown Rice</p> <p>■ Mashed Potatoes</p> | <p>■ Asparagus</p> <p>■ Peas and Carrots</p> <p>■ Brown Rice</p> <p>■ Egg Noodles</p> |

