

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"> ■ Assorted Eggs ■ Bacon ■ Pork Sausage 	<ul style="list-style-type: none"> ■ Assorted Eggs ■ Chicken Sausage ■ Sausage Gravy ■ Bacon 	<ul style="list-style-type: none"> ■ Turkey TX Hash ■ Turkey Sausage Gravy ■ Assorted Eggs ■ Bacon ■ Pork Sausage Links 	<ul style="list-style-type: none"> ■ Assorted Eggs ■ Chicken Sausage ■ Bacon ■ Sausage Gravy 	<ul style="list-style-type: none"> ■ Assorted Eggs ■ Turkey Sausage Patty ■ Turkey Sausage Gravy ■ Pork Sausage Patty ■ Bacon 	<ul style="list-style-type: none"> ■ Assorted Eggs ■ Chicken Sausage ■ Sausage Gravy ■ Bacon 	<ul style="list-style-type: none"> ■ Assorted Eggs ■ Bacon ■ Pork Sausage
Starches & Sides	<ul style="list-style-type: none"> ■ Fresh Fruit ■ Hash Brown ■ Biscuit ■ Pancake 	<ul style="list-style-type: none"> ■ Fresh Fruit ■ Assorted Veg. ■ Home Fried Potatoes ■ Biscuit ■ Banana Nut Muffin ■ Ham, Egg & Cheese Croissant 	<ul style="list-style-type: none"> ■ Fresh Fruit ■ Assorted Veg. ■ Breakfast Taco ■ Home Fried Potatoes ■ Biscuit ■ Fruit Scone 	<ul style="list-style-type: none"> ■ Fresh Fruit ■ Assorted Veg. ■ Spinach & Cheese Quiche ■ Home Fried Potatoes ■ Blueberry Muffin ■ Hash Brown Breakfast Sandwich 	<ul style="list-style-type: none"> ■ Fresh Fruit ■ Assorted Veg. ■ Breakfast Taco ■ Hash Brown ■ Biscuit ■ Cinnamon Roll 	<ul style="list-style-type: none"> ■ Fresh Fruit ■ Assorted Veg. ■ Breakfast Casserole ■ Home Fried Potatoes ■ Sausage, Egg, & Cheese Biscuit ■ Apple Turnover 	<ul style="list-style-type: none"> ■ Fresh Fruit ■ Hash Brown ■ Biscuit ■ French Toast Sticks

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"> ■ Veggie Burger ■ Turkey Burger ■ Salmon Burger 	<ul style="list-style-type: none"> ■ Grilled Chicken Sandwich ■ Hamburger ■ Cheeseburger 	<ul style="list-style-type: none"> ■ 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



WEEK 1

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

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	SUN	MON	TUES	WED	THURS	FRI	SAT
	21 JUNE	22 JUNE	23 JUNE	24 JUNE	25 JUNE	26 JUNE	27 JUNE

LUNCH

Entrée	SUN	MON	TUES	WED	THURS	FRI	SAT
	<ul style="list-style-type: none"> ■ BBQ Chicken Qtr. ■ Oven Fried Pork Chop 	<ul style="list-style-type: none"> ■ Chicken Scallopini ■ Shrimp Alfredo <p>Grill Line Special <i>Italian Grilled Cheese</i></p>	<ul style="list-style-type: none"> ■ Mojo Pork Tacos ■ Mexican Chicken Qtr. <p>Grill Line Special <i>Cheese & Chicken Quesadilla</i></p>	<ul style="list-style-type: none"> ■ Stuffed Pasta Shells ■ Seasoned Chicken Qtr. ■ Hamburger Steak <p>Grill Line Special <i>Fish & Chips</i></p>	<ul style="list-style-type: none"> ■ Tofu Stir Fry ■ Szechuan Beef Stir Fry <p>Grill Line Special <i>Philly Cheese Steak</i></p> <p>Sandwich Bar</p>	<ul style="list-style-type: none"> ■ Seasoned Chicken Qtr. ■ Cajun Crusted Catfish <p>Grill Line Special <i>BBQ Pork Sandwich</i></p>	<ul style="list-style-type: none"> ■ Chicken Alfredo ■ Meatloaf
Starches, Sides & Soup	<ul style="list-style-type: none"> ■ Roasted Baby Carrots ■ Collard Greens ■ Oven Roasted Potatoes ■ Rice Pilaf ■ Hawaiian Roll 	<ul style="list-style-type: none"> ■ Roasted Broccoli ■ Sautéed Zucchini ■ Root Veg. Blend ■ Parsley Potatoes ■ Herbed Brown Rice ■ Garlic Cheese Breadstick ■ Minestrone Soup 	<ul style="list-style-type: none"> ■ Fresh Green Beans ■ Mexican Corn ■ Pinto Beans ■ Jalapeno Brown Rice ■ Jalapeno Cornbread ■ Chicken Tortilla Soup 	<ul style="list-style-type: none"> ■ Seasoned Corn ■ Sautéed Asparagus ■ Baked Sweet Potato ■ Steamed Rice ■ Yeast Roll ■ Potato Soup 	<ul style="list-style-type: none"> ■ Sautéed Broccoli ■ Sesame Green Beans ■ Asian Noodle Stir-fry ■ Jasmine Rice ■ Egg Rolls ■ Mulligatawny Soup 	<ul style="list-style-type: none"> ■ Sautéed Brussel Sprouts ■ Baby Carrots w/ Thyme ■ Corn on the Cob ■ Rice Pilaf ■ Baked Mac & Cheese ■ Louisiana Cornbread ■ Chicken Noodle Soup 	<ul style="list-style-type: none"> ■ Roasted Asparagus ■ Herbed Green Beans ■ Parsley Potatoes ■ Brown Rice ■ Hawaiian Roll

DINNER

Entrée	SUN	MON	TUES	WED	THURS	FRI	SAT
	<ul style="list-style-type: none"> ■ Roast Turkey ■ Salisbury Steak w/Gravy 	<ul style="list-style-type: none"> ■ Beef Chili Mac ■ Chicken Tacos 	<ul style="list-style-type: none"> ■ Baked Spaghetti ■ Chicken Cordon Bleu 	<ul style="list-style-type: none"> ■ Chicken Giardino ■ Breaded Pork Chops 	<ul style="list-style-type: none"> ■ Cucumber Dill Salmon ■ Oven Fried Chicken Qtr 	<ul style="list-style-type: none"> ■ Beef & Broccoli ■ Thai Chicken Wing 1ea. 	<ul style="list-style-type: none"> ■ Asian BBQ Chicken ■ Beef Yakisoba
Starches & Sides	<ul style="list-style-type: none"> ■ Roasted Cauliflower ■ Fresh Green Beans ■ Sweet Potato Wedges ■ Cornbread Dressing 	<ul style="list-style-type: none"> ■ Normandy Veg. Blend ■ Asparagus & Onions ■ Refried Beans ■ Mexican Brown Rice 	<ul style="list-style-type: none"> ■ Peas & Carrots ■ Garlic Roasted Broccoli ■ Bowtie Pasta ■ Garlic Mashed Potatoes ■ Garlic Bread 	<ul style="list-style-type: none"> ■ Herbed Green Beans ■ Potato Wedges ■ Cinnamon Apples ■ Steamed Rice ■ Hawaiian Roll 	<ul style="list-style-type: none"> ■ New Brunswick Veg. Blend ■ Collard Greens ■ Wild Rice ■ Roasted Potatoes ■ Hawaiian Roll 	<ul style="list-style-type: none"> ■ Mandarin Veg. Blend ■ Snow Peas & Carrots ■ Sweet Potato Wedges ■ Vegetable Fried Rice 	<ul style="list-style-type: none"> ■ Squash/Zucchini ■ Mixed Veg. Stir-Fry ■ Brown Rice

For nutrition information please see WAMC Links> Blue Ribbon Bistro Menus or WAMC Web>Health Services>Preventive Care>Blue Ribbon Bistro

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
	28 JUNE	29 JUNE	30 JUNE	01 JULY	02 JULY	03 JULY	04 JULY

LUNCH

Entrée	<ul style="list-style-type: none"> ■ Braised Beef Cubes ■ Potato Crusted Cod 	<ul style="list-style-type: none"> ■ Seasoned Shrimp ■ Eggplant Cutlet ■ Seasoned Chicken Qtr. <p>Grill Line Special <i>Philly Chicken Cheese Steak</i></p>	<ul style="list-style-type: none"> ■ Spicy Lime Chicken Qtr. ■ Beef Enchilada Casserole <p>Grill Line Special <i>Mexican Torta Sandwich</i></p> <p>Fiesta Bar</p>	<ul style="list-style-type: none"> ■ Garlic Lemon Cod ■ Seasoned Chicken Qtr. <p>Grill Line Special <i>Roast Beef & Swiss Sandwich</i></p>	<ul style="list-style-type: none"> ■ Teriyaki Baked Chicken ■ Korean Spareribs <p>Grill Line Special <i>Beef Barbacoa Sandwich</i></p>	<ul style="list-style-type: none"> ■ Cucumber Dill Salmon ■ Seasoned Chicken Qtr. <p>Grill Line Special <i>BBQ Pork Sandwich</i></p>	<ul style="list-style-type: none"> ■ Chicken Giardino ■ Sam's Spareribs
Starches, Sides & Soup	<ul style="list-style-type: none"> ■ Mixed Vegetables ■ Steamed Broccoli ■ Steamed Rice ■ Egg Noodles ■ Hawaiian Roll 	<ul style="list-style-type: none"> ■ Malibu Veg. Blend ■ Sauteed Asparagus ■ Linguine ■ Garlic Mashed Potatoes ■ Garlic Cheese Breadstick ■ Lasagna Soup 	<ul style="list-style-type: none"> ■ Steamed Broccoli ■ Borracho Beans ■ Corn Hacienda ■ Cabbage w/Peppers ■ Cilantro Lime Rice ■ Jalapeno Cornbread ■ Albondigas Soup 	<ul style="list-style-type: none"> ■ Collard Greens ■ Roasted Carrots ■ Steamed Rice ■ Baked Mac & Cheese ■ Yeast Roll ■ Broccoli & Cheese Soup 	<ul style="list-style-type: none"> ■ Mandarin Veg. Blend ■ Kung Pao Brussel Sprouts ■ Sweet Potato Wedges ■ Chicken & Veg. Potstickers ■ Steamed Rice ■ Chicken Tikka Masala Soup 	<ul style="list-style-type: none"> ■ Asparagus ■ Roasted Cauliflower ■ Roasted Carrots ■ Parsley Potatoes ■ Greek Rice ■ Whole Wheat Pita ■ Vegetable Beef Soup 	<ul style="list-style-type: none"> ■ Collard Greens ■ Peas & Pearl Onion ■ Mac & Cheese ■ Parkerhouse Roll

DINNER

Entrée	<ul style="list-style-type: none"> ■ Spinach Lasagna ■ Chicken Primavera 	<ul style="list-style-type: none"> ■ Teriyaki Glazed Salmon ■ Mongolian Beef 	<ul style="list-style-type: none"> ■ Seasoned Shrimp ■ Chicken Alfredo 	<ul style="list-style-type: none"> ■ Roast Turkey ■ Baked Spareribs 	<ul style="list-style-type: none"> ■ Citrus Herb Chicken ■ Apple Glazed Pork Loin 	<ul style="list-style-type: none"> ■ Potato Crusted Cod ■ Country Style Steak 	<ul style="list-style-type: none"> ■ Asian BBQ Chicken ■ Beef Pepper Steak
Starches & Sides	<ul style="list-style-type: none"> ■ Roasted Carrots ■ Sautéed Brussel Sprouts ■ Rice Pilaf ■ Bowtie Pasta 	<ul style="list-style-type: none"> ■ Sesame Green Beans ■ Mandarin Veg. Blend ■ Vegetable Fried Rice 	<ul style="list-style-type: none"> ■ Bermuda Veg. Blend ■ Sauteed Spinach ■ Buttered Bowtie Pasta ■ Steamed Rice 	<ul style="list-style-type: none"> ■ Normandy Veg. Blend ■ Lyonnaise Green Beans ■ Rice Pilaf ■ Mashed Potatoes ■ Hawaiian Roll 	<ul style="list-style-type: none"> ■ Zucchini & Squash ■ New Brunswick Veg. Blend ■ Steamed Rice ■ Mashed Potatoes 	<ul style="list-style-type: none"> ■ Roasted Squash ■ Herbed Green Beans ■ Brown Rice ■ Mac & Cheese ■ Cornbread 	<ul style="list-style-type: none"> ■ Mandarin Veg. Blend ■ Roasted Cauliflower ■ Sw. Potato Wedges ■ Steamed Rice

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BLUE RIBBON BISTRO MENU



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WEEK 3

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

	SUN	MON	TUES	WED	THURS	FRI	SAT
	05 JULY	06 JULY	07 JULY	08 JULY	09 JULY	10 JULY	11 JULY

LUNCH

	SUN	MON	TUES	WED	THURS	FRI	SAT
	05 JULY	06 JULY	07 JULY	08 JULY	09 JULY	10 JULY	11 JULY
Entrée	<ul style="list-style-type: none"> ■ Chicken Cutlet ■ Oven Fried Pork Chop 	<ul style="list-style-type: none"> ■ Marry Me Chicken ■ Spaghetti w/Meat Sauce Grill Line Special <i>Italian Panini</i> Pizza Bar 	<ul style="list-style-type: none"> ■ Beef Chili Mac ■ Seasoned Chicken Qtr. Grill Line Special <i>Cheese & Chicken Quesadilla</i> 	<ul style="list-style-type: none"> ■ Baked Salmon ■ Stuffed Mushroom ■ Brisket w. Chimichurri Grill Line Special <i>Turkey & Swiss Panini</i> 	<ul style="list-style-type: none"> ■ Curry Chicken Qtr. ■ Cantonese Spareribs Grill Line Special <i>Smoked Sausage Dog Corn Dog</i> 	<ul style="list-style-type: none"> ■ Garlic Lemon Cod ■ Cauliflower Steak ■ Herb Crusted Flank Steak Grill Line Special <i>BBQ Pork Sandwich</i> 	<ul style="list-style-type: none"> ■ Chicken Bruschetta ■ Tuscan Spareribs
Starches, Sides & Soup	<ul style="list-style-type: none"> ■ Collard Greens ■ Steamed Broccoli ■ Mashed Potatoes ■ Steamed Rice ■ Cornbread 	<ul style="list-style-type: none"> ■ Italian Roast Veg. Medley ■ Roasted Asparagus ■ Brown Rice ■ Parmesan Garlic Pasta ■ Garlic Cheese Breadstick ■ Toscana Soup 	<ul style="list-style-type: none"> ■ Sautéed Spinach ■ Black Beans ■ Paprika Potatoes ■ Cilantro Lime Rice ■ Jalapeno Cornbread ■ Taco Soup 	<ul style="list-style-type: none"> ■ Roasted Broccoli ■ Roasted Squash ■ Wild Rice ■ Parsley Potatoes ■ Yeast Roll ■ Chicken Sausage Gumbo 	<ul style="list-style-type: none"> ■ Caribbean Cabbage ■ Sesame Green Beans ■ Basmati Rice ■ Chicken Veg. Potstickers ■ Garlic Naan ■ Thai Curry Soup 	<ul style="list-style-type: none"> ■ Roasted Carrots ■ Sautéed Zucchini w/ Onions ■ Greek Roasted Potato Wedges ■ Rice Pilaf w/Orzo ■ Yeast Roll ■ Navy Bean & Ham Soup 	<ul style="list-style-type: none"> ■ Italian Veg. Blend ■ Sautéed Broccoli ■ Rice Pilaf w/Orzo ■ Garlic Bread

DINNER

Entrée	<ul style="list-style-type: none"> ■ Chicken Parmesan ■ Beef Lasagna 	<ul style="list-style-type: none"> ■ Rosemary Chicken Qtr. ■ Baked Penne 	<ul style="list-style-type: none"> ■ Szechuan Chicken Qtr. ■ Honey Garlic Pork Chop 	<ul style="list-style-type: none"> ■ BBQ Chicken Qtr. ■ Glazed Meatloaf 	<ul style="list-style-type: none"> ■ Lemon Baked Cod ■ Chicken Cutlet 	<ul style="list-style-type: none"> ■ Beef & Broccoli ■ Braised Pork Cop 	<ul style="list-style-type: none"> ■ Baked Chicken Qtr. ■ Swedish Meatballs
Starches & Sides	<ul style="list-style-type: none"> ■ Italian Veg. Blend ■ Lyonnaise Green Beans ■ Linguine ■ Hawaiian Roll 	<ul style="list-style-type: none"> ■ Peas & Carrots ■ Herbed Green Beans ■ Garlic Mashed Potatoes ■ Steamed Rice ■ Garlic Bread 	<ul style="list-style-type: none"> ■ Sautéed Green Beans ■ Peas & Carrots ■ Paprika Potatoes ■ Steamed Rice 	<ul style="list-style-type: none"> ■ Collard Greens ■ Glazed Baby Carrots ■ Steamed Rice ■ Garlic Mashed Potatoes 	<ul style="list-style-type: none"> ■ Sautéed Brussel Sprouts ■ Roasted Cauliflower ■ Parsley Potatoes ■ Orzo w/Lemon & Herbs ■ Steamed Rice 	<ul style="list-style-type: none"> ■ Garlic Roasted Broccoli ■ Normandy Vegetable Blend ■ Brown Rice ■ Mashed Potatoes ■ Egg Noodles 	<ul style="list-style-type: none"> ■ Asparagus ■ Glazed Carrots ■ Brown Rice ■ Egg Noodles ■ Hawaiian Roll