

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

PERFORMANCE BAR

OPEN MON-FRI FOR BREAKFAST & LUNCH • CLOSED ON HOLIDAYS & WEEKENDS

Breakfast	Breakfast Bar: POWER BOWLS (Wednesdays) this month , Go Green Smoothie (3/17/26) , 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
			<ul style="list-style-type: none"> ■ 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



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
	08 MAR	09 MAR	10 MAR	11 MAR	12 MAR	13 MAR	14 MAR

LUNCH

	SUN	MON	TUES	WED	THURS	FRI	SAT
Entrée	<ul style="list-style-type: none"> ■ Baked Turkey & Noodles (515 kcals, 33 g Pro, 25 g Fat, 44 g CHO) ■ Oven Fried Pork Chop (342 kcals, 25 g Pro, 17 g Fat, 21 g CHO) 	<ul style="list-style-type: none"> ■ Chicken Scallopini (328 kcals, 36 g Pro, 15 g Fat, 12 g CHO) ■ Shrimp Alfredo (607 kcals, 26 g Pro, 35 g Fat, 47 g CHO) ■ Tuscan Spareribs (334 kcals, 26 g Pro, 26 g Fat, 2 g CHO) 	<ul style="list-style-type: none"> ■ Stuffed Bell Peppers (268 kcals, 16 g Pro, 8 g Fat, 35 g CHO) ■ Beef Churrasco w/Chimichurri Sauce (421 kcals, 26 g Pro, 33 g Fat, 5 g CHO) ■ Seasoned Chicken Qtr (365 kcals, 26 g Pro, 27 g Fat, 3 g CHO) 	<ul style="list-style-type: none"> ■ Roast Turkey (162 kcals, 25 g Pro, 8 g Fat, <1 g CHO) ■ Chicken Pot Pie (422 kcals, 42 g Pro, 14 g Fat, 30 g CHO) ■ Shrimp & Cheesy Grits (444 kcals, 17 g Pro, 27 g Fat, 28 g CHO) 	<ul style="list-style-type: none"> ■ Healthy Chicken Stir-Fry (167 kcals, 24 g Pro, 6 g Fat, 4 g CHO) ■ Mongolian Beef (493 kcals, 32 g Pro, 20 g Fat, 44 g CHO) ■ Cantonese Spareribs (490 kcals, 36 g Pro, 33 g Fat, 13 g CHO) 	<ul style="list-style-type: none"> ■ Seasoned Chicken Qtr (365 kcals, 26 g Pro, 27 g Fat, 3 g CHO) ■ Beef Brisket w/Chimichurri (632 kcals, 42 g Pro, 50 g Fat, 7 g CHO) ■ Cajun Crusted Catfish (336 kcals, 37 g Pro, 1 g Fat, 39 g CHO) 	<ul style="list-style-type: none"> ■ Chicken Alfredo (373 kcals, 23 g Pro, 14 g Fat, 39 g CHO) ■ Glazed Meatloaf (330 kcals, 29 g Pro, 14 g Fat, 18 g CHO)
Starches, Sides & Soup	<ul style="list-style-type: none"> ■ Roasted Baby Carrots ■ Collard Greens ■ Oven Roasted Potatoes ■ Rice Pilaf 	<ul style="list-style-type: none"> ■ Roasted Broccoli ■ Sautéed Zucchini ■ Parsley Potatoes ■ Herbed Brown Rice ■ Toscana Soup 	<ul style="list-style-type: none"> ■ Fresh Green Beans ■ Mexican Corn ■ Potatoes O'Brien ■ Jalapeno Brown Rice ■ Chicken Tortilla Soup 	<ul style="list-style-type: none"> ■ Roasted Baby Carrots ■ Sautéed Asparagus ■ Steamed Rice ■ Baked Mac & Cheese ■ Chicken Noodle Soup 	<ul style="list-style-type: none"> ■ Caribbean Cabbage ■ Roasted Green Beans ■ Asian Noodle Stir-fry ■ Chicken & Veg. Potstickers ■ Mulligatawny Soup 	<ul style="list-style-type: none"> ■ Sautéed Brussel Sprouts ■ Baby Carrots w/ Thyme ■ Corn on the Cob ■ Garlic Mashed Potatoes ■ Vegetable Beef Soup 	<ul style="list-style-type: none"> ■ Roasted Asparagus ■ Herbed Green Beans ■ Parsley Potatoes ■ Hawaiian Roll

DINNER

	SUN	MON	TUES	WED	THURS	FRI	SAT
Entrée	<ul style="list-style-type: none"> ■ Roast Turkey (162 kcals, 25 g Pro, 8 g Fat, <1 g CHO) ■ Salisbury Steak w/Gravy (254 kcals, 18 g Pro, 16 g Fat, 11 g CHO) 	<ul style="list-style-type: none"> ■ Beef Chili Mac (357 kcals, 23 g Pro, 11 g Fat, 34 g CHO) ■ Chicken Tacos (435 kcals, 32 g Pro, 18 g Fat, 34 g CHO) 	<ul style="list-style-type: none"> ■ Baked Spaghetti (457 kcals, 26 g Pro, 12 g Fat, 60 g CHO) ■ Chicken Cordon Bleu (430 kcals, 32 g Pro, 26 g Fat, 17 g CHO) 	<ul style="list-style-type: none"> ■ Chicken Giardino (359 kcals, 23 g Pro, 11 g Fat, 45 g CHO) ■ Breaded Pork Chops (600 kcals, 28 g Pro, 44 g Fat, 32 g CHO) 	<ul style="list-style-type: none"> ■ Cucumber Dill Salmon (309 kcals, 43 g Pro, 13 g Fat, 2 g CHO) ■ Oven Fried Chicken (580 kcals, 28 g Pro, 44 g Fat, 19 g CHO) 	<ul style="list-style-type: none"> ■ Beef & Broccoli (190 kcals, 18 g Pro, 6 g Fat, 19 g CHO) ■ Thai Chicken Wing 1ea. (132 kcals, 7 g Pro, 8 g Fat, 9 g CHO) 	<ul style="list-style-type: none"> ■ Beef Yakisoba (405 kcals, 31 g Pro, 13 g Fat, 37 g CHO) ■ Asian BBQ Chicken (295 kcals, 34 g Pro, 10 g Fat, 17 g CHO)
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"> ■ Mixed Vegetables ■ Garlic Roasted Broccoli ■ Bowtie Pasta ■ Garlic Mashed Potatoes 	<ul style="list-style-type: none"> ■ Herbed Green Beans ■ Potato Wedges ■ Cinnamon Apples ■ Steamed Rice 	<ul style="list-style-type: none"> ■ New Brunswick Veg. Blend ■ Collard Greens ■ Wild Rice ■ Rosemary Roasted Potatoes 	<ul style="list-style-type: none"> ■ Mandarin Veg. Stir Fry ■ Snow Peas & Carrots ■ Sweet Potato Wedges ■ Vegetable Fried Rice 	<ul style="list-style-type: none"> ■ Squash/Zucchini ■ Mixed Veg. Stir-Fry ■ Brown Rice

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
	15 MAR	16 MAR	17 MAR	18 MAR	19 MAR	20 MAR	21 MAR

LUNCH

	SUN	MON	TUES	WED	THURS	FRI	SAT
Entrée	<ul style="list-style-type: none"> ■ Seasoned Chicken Qtr (365 kcals, 26 g Pro, 27 g Fat, 3 g CHO) ■ Braised Beef Cubes (251 kcals, 38 g Pro, 8 g Fat, 9 g CHO) 	<ul style="list-style-type: none"> ■ Seasoned Chicken Qtr (365 kcals, 26 g Pro, 27 g Fat, 3 g CHO) ■ Irish Corned Beef (307 kcals, 21 g Pro, 23 g Fat, 3 g CHO) ■ Smoked Sausage w/Peppers & Onions (523 kcals, 18 g Pro, 45 g Fat, 14 g CHO) 	<ul style="list-style-type: none"> ■ Southwestern Salmon (264 kcals, 42 g Pro, 8 g Fat, 2 g CHO) ■ Seasoned Chicken Qtr (365 kcals, 26 g Pro, 27 g Fat, 3 g CHO) ■ Beef Enchiladas (405 kcals, 23 g Pro, 17 g Fat, 39 g CHO) 	<ul style="list-style-type: none"> <i>Greek Lamb Roast</i> <i>Chicken Provencal</i> <i>Eggplant Parmesan</i> <i>Mediterranean Build-A-Bowl</i> <i>Mediterranean Vegetables</i> <i>Orzo w/ Lemon & Herbs</i> <i>Italian Wedding Soup</i> <i>Baklava & Tiramisu</i> 	<ul style="list-style-type: none"> ■ Grilled Shrimp (197 kcals, 12 g Pro, 11 g Fat, 2 g CHO) ■ Beef Bulgogi (259 kcals, 15 g Pro, 17 g Fat, 12 g CHO) ■ Korean BBQ Spareribs (574 kcals, 41 g Pro, 38 g Fat, 17 g CHO) 	<ul style="list-style-type: none"> ■ Lemon Pepper Tilipia (152 kcals, 26 g Pro, 5 g Fat, <1 g CHO) ■ Greek Chicken Qtr (436 kcals, 26 g Pro, 37 g Fat, <1 g CHO) ■ Baked Turkey & Noodles (515 kcals, 33 g Pro, 25 g Fat, 44 g CHO) 	<ul style="list-style-type: none"> ■ Chicken Pot Pie (388 kcals, 23 g Pro, 12 g Fat, 48 g CHO) ■ Beef Pot Roast (360 kcals, 28 g Pro, 26 g Fat, 4 g CHO)
Starches, Sides & Soup	<ul style="list-style-type: none"> ■ Roasted Carrots ■ Steamed Broccoli ■ Steamed Rice ■ Egg Noodles 	<ul style="list-style-type: none"> ■ Sautéed Cabbage ■ Seasoned Lima Beans ■ Colcannon Potatoes ■ Yeast Roll ■ Potato Soup 	<ul style="list-style-type: none"> ■ Steamed Broccoli ■ Cabbage w/ Peppers ■ Borracho Beans ■ Jalapeno Cornbread ■ Chicken Tortilla Soup 		<ul style="list-style-type: none"> ■ Fresh Green Beans ■ Sautéed Cabbage ■ Korean Spinach ■ Jasmine Rice ■ Mulligatawny Soup 	<ul style="list-style-type: none"> ■ Asparagus w/Onions ■ Malibu Veg. Blend ■ Parsley Potatoes ■ Greek Rice ■ Vegetable Beef Soup 	<ul style="list-style-type: none"> ■ Collard Greens ■ Peas & Pearl Onion ■ Mashed Potatoes ■ Parkerhouse Roll

DINNER

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

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
	22 MAR	23 MAR	24 MAR	25 MAR	26 MAR	27 MAR	28 MAR

LUNCH

	SUN	MON	TUES	WED	THURS	FRI	SAT
Entrée	<ul style="list-style-type: none"> ■ Honey BBQ Chicken (443 kcals, 43 g Pro, 9 g Fat, 48 g CHO) ■ Roasted Pork Loin (170 kcals, 24 g Pro, 9 g Fat, 0 g CHO) 	<ul style="list-style-type: none"> ■ Baked Salmon (256 kcals, 42 g Pro, 9 g Fat, <1 g CHO) ■ Chicken Vega (623 kcals, 34 g Pro, 33 g Fat, 48 g CHO) ■ Honey Ham (428 kcals, 27 g Pro, 13 g Fat, 53 g CHO) 	<ul style="list-style-type: none"> ■ Chipotle Lime Tilapia (333 kcals, 21 g Pro, 13 g Fat, 32 g CHO) ■ Cajun Pork Loin (196 kcals, 24 g Pro, 10 g Fat, 0 g CHO) ■ Seasoned Chicken Qtr (365 kcals, 26 g Pro, 27 g Fat, 3 g CHO) 	<ul style="list-style-type: none"> ■ Italian Roast Turkey (171 kcals, 25 g Pro, 8 g Fat, <1 g CHO) ■ Citrus Herb Chicken (295 kcals, 41 g Pro, 11 g Fat, 6 g CHO) ■ Beef Lasagna (499 kcals, 34 g Pro, 23 g Fat, 42 g CHO) 	<ul style="list-style-type: none"> ■ Lemon Ginger Cod (264 kcals, 31 g Pro, 15 g Fat, 1 g CHO) ■ Teriyaki Chicken (312 kcals, 38 g Pro, 12 g Fat, 13 g CHO) ■ Beef Szechuan (283 kcals, 16 g Pro, 19 g Fat, 13 g CHO) 	<ul style="list-style-type: none"> ■ Garlic Lemon Cod (201 kcals, 21 g Pro, 7 g Fat, 13 g CHO) ■ Braised Beef Cubes (251 kcals, 38 g Pro, 8 g Fat, 9 g CHO) ■ Chicken Pot Pie (388 kcals, 23 g Pro, 12 g Fat, 48 g CHO) 	<ul style="list-style-type: none"> ■ Chicken Parmesan (288 kcals, 23 g Pro, 9 g Fat, 31 g CHO) ■ Baked Spaghetti (457 kcals, 26 g Pro, 12 g Fat, 60 g CHO)
Starches, Sides & Soup	<ul style="list-style-type: none"> ■ Collard Greens ■ Steamed Broccoli ■ Mashed Potatoes ■ Steamed Rice 	<ul style="list-style-type: none"> ■ Sautéed Cabbage ■ Roasted Squash ■ Wild Rice ■ Potato Soup 	<ul style="list-style-type: none"> ■ Zucchini w/Garlic & Onions ■ Corn Hacienda ■ Cilantro Lime Rice ■ Chicken Tortilla Soup 	<ul style="list-style-type: none"> ■ Roasted Italian Vegetables ■ Herbed Green Beans ■ Brown Rice ■ Garlic Breadstick ■ Lasagna Soup 	<ul style="list-style-type: none"> ■ Mandarin Stir-Fry Veg. ■ Kung Pao Brussel Sprouts ■ Sweet Potato Wedges ■ Egg Rolls ■ Mulligatawny Soup 	<ul style="list-style-type: none"> ■ Roasted Cauliflower ■ Sautéed Zucchini w/ Onions ■ Roasted Carrots ■ Penne Protein Pasta ■ Vegetable Beef Soup 	<ul style="list-style-type: none"> ■ Italian Veg. Blend ■ Sautéed Broccoli ■ Linguine ■ Garlic Bread

DINNER

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