

# 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: 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> </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: 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: 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: green;">■</span> Grilled Chicken Breast</li> <li><span style="color: yellow;">■</span> Turkey Sausage Gravy</li> <li><span style="color: yellow;">■</span> Assorted Eggs</li> <li><span style="color: red;">■</span> Pork 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: 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> </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> Banana Nut Muffin</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> Biscuit</li> <li><span style="color: red;">■</span> Fruit Scone</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> Spinach &amp; Cheese Quiche</li> <li><span style="color: red;">■</span> Home Fried Potatoes</li> <li><span style="color: red;">■</span> Blueberry Muffin</li> <li><span style="color: red;">■</span> Hash Brown 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: yellow;">■</span> Breakfast Taco</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> Breakfast Casserole</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: yellow;">■</span> French Toast Sticks</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 style="width: 50%;"><span style="color: green;">■</span> Veggie Burger</li> <li style="width: 50%;"><span style="color: green;">■</span> Grilled Chicken Sandwich</li> <li style="width: 50%;"><span style="color: yellow;">■</span> Grilled Cheese</li> <li style="width: 50%;"><span style="color: red;">■</span> French Fries</li> <li style="width: 50%;"><span style="color: green;">■</span> Turkey Burger</li> <li style="width: 50%;"><span style="color: yellow;">■</span> Hamburger</li> <li style="width: 50%;"><span style="color: yellow;">■</span> Grilled Ham &amp; Cheese</li> <li style="width: 50%;"><span style="color: red;">■</span> Sweet Potato Fries</li> <li style="width: 50%;"><span style="color: green;">■</span> Salmon Burger</li> <li style="width: 50%;"><span style="color: yellow;">■</span> Cheeseburger</li> <li style="width: 50%;"><span style="color: red;">■</span> Hot Dog</li> </ul> <p>(Fries available at lunch Mon.-Friday)</p>

## 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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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 1

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

	SUN	MON	TUES	WED	THURS	FRI	SAT
	31 MAY	01 JUNE	02 JUNE	03 JUNE	04 JUNE	05 JUNE	06 JUNE

## LUNCH

Entrée	SUN 31 MAY	MON 01 JUNE	TUES 02 JUNE	WED 03 JUNE	THURS 04 JUNE	FRI 05 JUNE	SAT 06 JUNE
	<ul style="list-style-type: none"> <li>■ BBQ Chicken Qtr.</li> <li>■ Oven Fried Pork Chop</li> </ul>	<ul style="list-style-type: none"> <li>■ Chicken Scallopini</li> <li>■ Shrimp Alfredo</li> </ul> <p><b>Grill Line Special</b> <i>Italian Grilled Cheese</i></p>	<ul style="list-style-type: none"> <li>■ Mojo Pork Tacos</li> <li>■ Mexican Chicken Qtr.</li> </ul> <p><b>Grill Line Special</b> <i>Cheese Quesadilla</i></p>	<ul style="list-style-type: none"> <li>■ Stuffed Pasta Shells</li> <li>■ Seasoned Chicken Qtr.</li> <li>■ Hamburger Steak</li> </ul> <p><b>Grill Line Special</b> <i>Fish &amp; Chips</i></p>	<ul style="list-style-type: none"> <li>■ Tofu Stir Fry</li> <li>■ Szechuan Beef Stir Fry</li> </ul> <p><b>Grill Line Special</b> <i>Philly Cheese Steak</i></p> <p><b>Sandwich Bar</b></p>	<ul style="list-style-type: none"> <li>■ Seasoned Chicken Qtr.</li> <li>■ Cajun Crusted Catfish</li> </ul> <p><b>Grill Line Special</b> <i>BBQ Pork Sandwich</i></p>	<ul style="list-style-type: none"> <li>■ Chicken Alfredo</li> <li>■ Meatloaf</li> </ul>
<b>Starches, Sides &amp; Soup</b>	<ul style="list-style-type: none"> <li>■ Roasted Baby Carrots</li> <li>■ Collard Greens</li> <li>■ Oven Roasted Potatoes</li> <li>■ Rice Pilaf</li> <li>■ Hawaiian Roll</li> </ul>	<ul style="list-style-type: none"> <li>■ Roasted Broccoli</li> <li>■ Sauteed Zucchini</li> <li>■ Parsley Potatoes</li> <li>■ Herbed Brown Rice</li> <li>■ Garlic Cheese Breadstick</li> <li>■ Minestrone Soup</li> </ul>	<ul style="list-style-type: none"> <li>■ Fresh Green Beans</li> <li>■ Mexican Corn</li> <li>■ Pinto Beans</li> <li>■ Jalapeno Brown Rice</li> <li>■ Jalapeno Cornbread</li> <li>■ Chicken Tortilla Soup</li> </ul>	<ul style="list-style-type: none"> <li>■ Seasoned Corn</li> <li>■ Sauteed Asparagus</li> <li>■ Baked Sweet Potato</li> <li>■ Steamed Rice</li> <li>■ Yeast Roll</li> <li>■ Potato Soup</li> </ul>	<ul style="list-style-type: none"> <li>■ Sauteed Broccoli</li> <li>■ Sesame Green Beans</li> <li>■ Asian Noodle Stir-fry</li> <li>■ Jasmine Rice</li> <li>■ Egg Rolls</li> <li>■ Mulligatawny Soup</li> </ul>	<ul style="list-style-type: none"> <li>■ Sauteed Brussel Sprouts</li> <li>■ Baby Carrots w/ Thyme</li> <li>■ Corn on the Cob</li> <li>■ Rice Pilaf</li> <li>■ Baked Mac &amp; Cheese</li> <li>■ Louisiana Cornbread</li> <li>■ Chicken Noodle Soup</li> </ul>	<ul style="list-style-type: none"> <li>■ Roasted Asparagus</li> <li>■ Herbed Green Beans</li> <li>■ Parsley Potatoes</li> <li>■ Brown Rice</li> <li>■ Hawaiian Roll</li> </ul>

## DINNER

Entrée	SUN 31 MAY	MON 01 JUNE	TUES 02 JUNE	WED 03 JUNE	THURS 04 JUNE	FRI 05 JUNE	SAT 06 JUNE
	<ul style="list-style-type: none"> <li>■ Roast Turkey</li> <li>■ Salisbury Steak w/Gravy</li> </ul>	<ul style="list-style-type: none"> <li>■ Beef Chili Mac</li> <li>■ Chicken Tacos</li> </ul>	<ul style="list-style-type: none"> <li>■ Baked Spaghetti</li> <li>■ Chicken Cordon Bleu</li> </ul>	<ul style="list-style-type: none"> <li>■ Chicken Giardino</li> <li>■ Breaded Pork Chops</li> </ul>	<ul style="list-style-type: none"> <li>■ Cucumber Dill Salmon</li> <li>■ Oven Fried Chicken Qtr</li> </ul>	<ul style="list-style-type: none"> <li>■ Beef &amp; Broccoli</li> <li>■ Thai Chicken Wing 1ea.</li> </ul>	<ul style="list-style-type: none"> <li>■ Asian BBQ Chicken</li> <li>■ Beef Yakisoba</li> </ul>
<b>Starches &amp; Sides</b>	<ul style="list-style-type: none"> <li>■ Roasted Cauliflower</li> <li>■ Fresh Green Beans</li> <li>■ Sweet Potato Wedges</li> <li>■ Cornbread Dressing</li> </ul>	<ul style="list-style-type: none"> <li>■ Normandy Veg. Blend</li> <li>■ Asparagus &amp; Onions</li> <li>■ Refried Beans</li> <li>■ Mexican Brown Rice</li> </ul>	<ul style="list-style-type: none"> <li>■ Peas &amp; Carrots</li> <li>■ Garlic Roasted Broccoli</li> <li>■ Bowtie Pasta</li> <li>■ Garlic Mashed Potatoes</li> </ul>	<ul style="list-style-type: none"> <li>■ Herbed Green Beans</li> <li>■ Potato Wedges</li> <li>■ Cinnamon Apples</li> <li>■ Steamed Rice</li> </ul>	<ul style="list-style-type: none"> <li>■ New Brunswick Veg. Blend</li> <li>■ Collard Greens</li> <li>■ Wild Rice</li> <li>■ Rosemary Roasted Potatoes</li> </ul>	<ul style="list-style-type: none"> <li>■ Mandarin Veg. Blend</li> <li>■ Snow Peas &amp; Carrots</li> <li>■ Sweet Potato Wedges</li> <li>■ Vegetable Fried Rice</li> </ul>	<ul style="list-style-type: none"> <li>■ Squash/Zucchini</li> <li>■ Mixed Veg. Stir-Fry</li> <li>■ Brown Rice</li> </ul>

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# 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
	07 JUNE	08 JUNE	09 JUNE	10 JUNE	11 JUNE	12 JUNE	13 JUNE

## LUNCH

Entrée	SUN	MON	TUES	WED	THURS	FRI	SAT
<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Braised Beef Cubes</li> <li><span style="color: green;">■</span> Potato Crusted Cod</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Seasoned Shrimp</li> <li><span style="color: yellow;">■</span> Eggplant Cutlet</li> <li><span style="color: yellow;">■</span> Seasoned Chicken Qtr.</li> </ul> <p><b>Grill Line Special</b> <i>Philly Chicken Cheese Steak</i></p>	<ul style="list-style-type: none"> <li><span style="color: yellow;">■</span> Spicy Lime Chicken Qtr.</li> <li><span style="color: yellow;">■</span> Beef Enchilada Casserole</li> </ul> <p><b>Grill Line Special</b> <i>Mexican Torta Sandwich</i></p> <p><b>Fiesta Bar</b></p>	<div style="border: 2px solid blue; border-radius: 15px; padding: 10px; background-color: #e6f2ff;"> <ul style="list-style-type: none"> <li>Ribeye Steak</li> <li>Seasoned Chicken</li> <li>Tempura Shrimp</li> <li>Fresh Baked Salmon</li> <li>Roasted Broccoli</li> <li>Green Beans w/ Smoked Turkey</li> <li>Corn on the Cob</li> <li>Loaded Mashed Potatoes</li> <li>Baked Mac &amp; Cheese</li> <li>Wild Rice</li> <li>Yeast Roll</li> </ul> </div>	<ul style="list-style-type: none"> <li><span style="color: yellow;">■</span> Teriyaki Baked Chicken</li> <li><span style="color: red;">■</span> Korean Spareribs</li> </ul> <p><b>Grill Line Special</b> <i>Beef Barbacoa Sandwich</i></p>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Cucumber Dill Salmon</li> <li><span style="color: yellow;">■</span> Seasoned Chicken Qtr.</li> </ul> <p><b>Grill Line Special</b> <i>BBQ Pork Sandwich</i></p>	<ul style="list-style-type: none"> <li><span style="color: red;">■</span> Chicken Giardino</li> <li><span style="color: red;">■</span> Beef Pot Roast</li> </ul>	
Starches, Sides & Soup	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Mixed Vegetables</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> <li><span style="color: yellow;">■</span> Hawaiian Roll</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Malibu 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: yellow;">■</span> Garlic Cheese Breadstick</li> <li><span style="color: red;">■</span> Lasagna Soup</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Steamed Broccoli</li> <li><span style="color: green;">■</span> Borracho Beans</li> <li><span style="color: green;">■</span> Corn Hacienda</li> <li><span style="color: green;">■</span> Cabbage w/Peppers</li> <li><span style="color: yellow;">■</span> Cilantro Lime Rice</li> <li><span style="color: red;">■</span> Jalapeno Cornbread</li> <li><span style="color: red;">■</span> Albondigas Soup</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Mandarin Veg. Blend</li> <li><span style="color: green;">■</span> Kung Pao Brussel Sprouts</li> <li><span style="color: green;">■</span> Sweet Potato Wedges</li> <li><span style="color: yellow;">■</span> Chicken &amp; Veg. Potstickers</li> <li><span style="color: yellow;">■</span> Steamed Rice</li> <li><span style="color: green;">■</span> Chicken Tikka Masala Soup</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Asparagus</li> <li><span style="color: green;">■</span> Roasted Cauliflower</li> <li><span style="color: green;">■</span> Roasted Carrots</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> Whole Wheat Pita</li> <li><span style="color: green;">■</span> Vegetable Beef Soup</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Seasoned Green Beans</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

Entrée	SUN	MON	TUES	WED	THURS	FRI	SAT
<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Spinach Lasagna</li> <li><span style="color: green;">■</span> Chicken Primavera</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Teriyaki Glazed Salmon</li> <li><span style="color: yellow;">■</span> Mongolian Beef</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Seasoned Shrimp</li> <li><span style="color: yellow;">■</span> Chicken Alfredo</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Roast Turkey</li> <li><span style="color: red;">■</span> Baked Spareribs</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Citrus Herb Chicken</li> <li><span style="color: yellow;">■</span> Apple Glazed Pork Loin</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Potato Crusted Cod</li> <li><span style="color: red;">■</span> Country Style Steak</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Asian BBQ Chicken</li> <li><span style="color: yellow;">■</span> Beef Pepper Steak</li> </ul>	
Starches & Sides	<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> Sesame Green Beans</li> <li><span style="color: green;">■</span> Mandarin Veg. Blend</li> <li><span style="color: green;">■</span> Vegetable Fried Rice</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Bermuda Veg. Blend</li> <li><span style="color: green;">■</span> Sauteed Spinach</li> <li><span style="color: yellow;">■</span> Buttered Bowtie Pasta</li> <li><span style="color: yellow;">■</span> Steamed Rice</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> <li><span style="color: yellow;">■</span> Hawaiian Roll</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Zucchini &amp; Squash</li> <li><span style="color: green;">■</span> New Brunswick Veg. Blend</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> 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> <li><span style="color: yellow;">■</span> Cornbread</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Mandarin Veg. Blend</li> <li><span style="color: green;">■</span> Roasted Cauliflower</li> <li><span style="color: green;">■</span> Sw. Potato Wedges</li> <li><span style="color: yellow;">■</span> Steamed Rice</li> </ul>

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# 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>14 JUNE</b>	<b>15 JUNE</b>	<b>16 JUNE</b>	<b>17 JUNE</b>	<b>18 JUNE</b>	<b>19 JUNE</b>	<b>20 JUNE</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> Chicken Cutlet</li> <li><span style="color: yellow;">■</span> Oven Fried Pork Chop</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: yellow;">■</span> Marry Me Chicken</li> <li><span style="color: yellow;">■</span> Spaghetti w/Meat Sauce</li> <li> </li> <li><b>Grill Line Special</b> <i>Italian Panini</i></li> <li> </li> <li><b>Pizza Bar</b></li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Beef Chili Mac</li> <li><span style="color: yellow;">■</span> Seasoned Chicken Qtr.</li> <li> </li> <li><b>Grill Line Special</b> <i>Cheese &amp; Chicken Quesadilla</i></li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Baked Salmon</li> <li><span style="color: yellow;">■</span> Stuffed Mushroom</li> <li><span style="color: red;">■</span> Brisket w. Chimichurri</li> <li> </li> <li><b>Grill Line Special</b> <i>Turkey &amp; Swiss Panini</i></li> </ul>	<ul style="list-style-type: none"> <li><span style="color: yellow;">■</span> Curry Chicken Qtr.</li> <li><span style="color: red;">■</span> Cantonese Spareribs</li> <li> </li> <li><b>Grill Line Special</b> <i>Smoked Sausage Dog Corn Dog</i></li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Garlic Lemon Cod</li> <li><span style="color: green;">■</span> Cauliflower Steak</li> <li><span style="color: yellow;">■</span> Herb Crusted Flank Steak</li> <li> </li> <li><b>Grill Line Special</b> <i>BBQ Pork Sandwich</i></li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Chicken Bruschetta</li> <li><span style="color: red;">■</span> Tuscan Spareribs</li> </ul>
<b>Starches, Sides &amp; Soup</b>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Collard Greens</li> <li><span style="color: green;">■</span> Steamed Broccoli</li> <li><span style="color: yellow;">■</span> Mashed Potatoes</li> <li><span style="color: yellow;">■</span> Steamed Rice</li> <li><span style="color: yellow;">■</span> Cornbread</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Italian Roast Veg. Medley</li> <li><span style="color: green;">■</span> Roasted Asparagus</li> <li><span style="color: green;">■</span> Brown Rice</li> <li><span style="color: yellow;">■</span> Parmesan Garlic Pasta</li> <li><span style="color: yellow;">■</span> Garlic Cheese Breadstick</li> <li><span style="color: red;">■</span> Toscana Soup</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Sautéed Spinach</li> <li><span style="color: green;">■</span> Black Beans</li> <li><span style="color: green;">■</span> Paprika Potatoes</li> <li><span style="color: yellow;">■</span> Cilantro Lime Rice</li> <li><span style="color: red;">■</span> Jalapeno Cornbread</li> <li><span style="color: green;">■</span> Taco Soup</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Roasted Broccoli</li> <li><span style="color: green;">■</span> Roasted Squash</li> <li><span style="color: green;">■</span> Wild Rice</li> <li><span style="color: green;">■</span> Parsley Potatoes</li> <li><span style="color: yellow;">■</span> Yeast Roll</li> <li><span style="color: green;">■</span> Chicken Gumbo Soup</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Caribbean Cabbage</li> <li><span style="color: green;">■</span> Sesame Green Beans</li> <li><span style="color: yellow;">■</span> Basmati Rice</li> <li><span style="color: yellow;">■</span> Chicken Veg. Potstickers</li> <li><span style="color: red;">■</span> Garlic Naan</li> <li><span style="color: red;">■</span> Thai Curry Soup</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Roasted Carrots</li> <li><span style="color: green;">■</span> Sautéed Zucchini w/ Onions</li> <li><span style="color: green;">■</span> Greek Roasted Potato Wedges</li> <li><span style="color: yellow;">■</span> Rice Pilaf w/Orzo</li> <li><span style="color: yellow;">■</span> Yeast Roll</li> <li><span style="color: green;">■</span> Navy Bean &amp; Ham Soup</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Italian Veg. Blend</li> <li><span style="color: green;">■</span> Sautéed Broccoli</li> <li><span style="color: yellow;">■</span> Rice Pilaf w/Orzo</li> <li><span style="color: red;">■</span> Garlic Bread</li> </ul>

## DINNER

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

For nutrition information please see [WAMC Links](#)> Blue Ribbon Bistro Menus or [WAMC Web](#)>Health Services>Preventive Care>Blue Ribbon Bistro