

# BLUE RIBBON BISTRO MENU



## BREAKFAST

■ = Eat Often

■ = Eat Occasionally

■ = Eat Rarely

	SUN	MON	TUES	WED	THURS	FRI	SAT
Eggs & Meat	<ul style="list-style-type: none"> <li>■ Assorted Eggs</li> <li>■ Bacon</li> <li>■ Pork Sausage</li> </ul>	<ul style="list-style-type: none"> <li>■ Grilled Chicken Breast</li> <li>■ Assorted Eggs</li> <li>■ Chicken Sausage</li> <li>■ Sausage Gravy</li> <li>■ Bacon</li> <li>■ Pork Sausage</li> </ul>	<ul style="list-style-type: none"> <li>■ Turkey TX Hash</li> <li>■ Creamed Ground Turkey</li> <li>■ Assorted Eggs</li> <li>■ Turkey Bacon</li> <li>■ Bacon</li> <li>■ Pork Sausage Links</li> </ul>	<ul style="list-style-type: none"> <li>■ Grilled Chicken Breast</li> <li>■ Assorted Eggs</li> <li>■ Ham Slice</li> <li>■ Chicken Sausage</li> <li>■ Sausage Gravy</li> <li>■ Bacon</li> </ul>	<ul style="list-style-type: none"> <li>■ Creamed Ground Turkey</li> <li>■ Assorted Eggs</li> <li>■ Turkey Sausage</li> <li>■ Corned Beef Hash</li> <li>■ Bacon</li> <li>■ Pork Sausage</li> </ul>	<ul style="list-style-type: none"> <li>■ Grilled Chicken Breast</li> <li>■ Assorted Eggs</li> <li>■ Chicken Sausage</li> <li>■ Sausage Gravy</li> <li>■ Bacon</li> <li>■ Pork Sausage</li> </ul>	<ul style="list-style-type: none"> <li>■ Assorted Eggs</li> <li>■ Bacon</li> <li>■ Pork Sausage</li> </ul>
Starches & Sides	<ul style="list-style-type: none"> <li>■ Fresh Fruit</li> <li>■ Hash Brown</li> <li>■ Biscuit</li> </ul>	<ul style="list-style-type: none"> <li>■ Fresh Fruit</li> <li>■ Assorted Veg.</li> <li>■ Home Fried Potatoes</li> <li>■ Biscuit</li> </ul>	<ul style="list-style-type: none"> <li>■ Fresh Fruit</li> <li>■ Assorted Veg.</li> <li>■ Home Fried Potatoes</li> <li>■ Biscuit</li> </ul>	<ul style="list-style-type: none"> <li>■ Fresh Fruit</li> <li>■ Assorted Veg.</li> <li>■ Home Fried Potatoes</li> <li>■ Biscuit</li> </ul>	<ul style="list-style-type: none"> <li>■ Fresh Fruit</li> <li>■ Assorted Veg.</li> <li>■ Hash Brown</li> <li>■ Biscuit</li> </ul>	<ul style="list-style-type: none"> <li>■ Fresh Fruit</li> <li>■ Assorted Veg.</li> <li>■ Home Fried Potatoes</li> <li>■ Biscuit</li> </ul>	<ul style="list-style-type: none"> <li>■ Fresh Fruit</li> <li>■ Hash Brown</li> <li>■ Biscuit</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%;">■ Veggie Burger</li> <li style="width: 50%;">■ Grilled Chicken Sandwich</li> <li style="width: 50%;">■ Turkey Burger</li> <li style="width: 50%;">■ Hamburger</li> <li style="width: 50%;">■ Salmon Burger</li> <li style="width: 50%;">■ Cheeseburger</li> <li style="width: 50%;">■ Grilled Cheese</li> <li style="width: 50%;">■ Grilled Ham &amp; Cheese</li> <li style="width: 50%;">■ Hot Dog</li> <li style="width: 50%;">■ French Fries</li> <li style="width: 50%;">■ Sweet Potato Fries</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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Menu item & prices subject to change based on item availability.

# BLUE RIBBON BISTRO MENU



## WEEK 1

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

	SUN	MON	TUES	WED	THURS	FRI	SAT
	07 JULY	08 JULY	09 JULY	10 JULY	11 JULY	12 JULY	13 JULY

## LUNCH

	SUN	MON	TUES	WED	THURS	FRI	SAT
Entrée	<ul style="list-style-type: none"> <li>■ Pork Chops (347 kcals, 25 g Pro, 17 g Fat, 21 g CHO)</li> <li>■ BBQ Chicken (467 kcals, 28 g Pro, 28 g Fat, 28 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Cheese Tortellini (404 kcals, 16 gm Pro, 9 g Fat, 65 g CHO)</li> <li>■ Chicken Scallopini (326 kcals, 34 g Pro, 15 g Fat, 14 g CHO)</li> <li>■ Shrimp Alfredo (549 kcals, 25 g Pro, 26 g Fat, 48 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Stuffed Bell Peppers (313 kcals, 22 gm Pro, 10 g Fat, 35 g CHO)</li> <li>■ Mexican Chicken (361 kcals, 26 gm Pro, 28 g Fat, 2 g CHO)</li> <li>■ Pork Carnitas (726 kcals, 34 gm Pro, 55 g Fat, 19 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Seared Salmon (299 kcals, 39 g Pro, 13 g Fat, 3 g CHO)</li> <li>■ Chicken Pot Pie (327 kcals, 22 g Pro, 10 g Fat, 38 g CHO)</li> <li>■ Shrimp &amp; Cheese Grits (423 kcals, 17 g Pro, 24 g Fat, 28 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Kung Pao Chicken (178 kcals, 19 gm Pro, 6 g Fat, 11 g CHO)</li> <li>■ Teriyaki Salmon (248 kcals, 39 g Pro, 8 g Fat, 2 g CHO)</li> <li>■ Mongolian Beef (203 kcals, 21 gm Pro, 9 g Fat, 9 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Cajun Crusted Catfish (443 kcals, 41 g Pro, 10 g Fat, 45 g CHO)</li> <li>■ Turkey &amp; Noodle Bake (546 kcals, 37 g Pro, 25 g Fat, 46 g CHO)</li> <li>■ Beef Pot Roast (300 kcals, 23 g Pro, 22 g Fat, 3 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Chicken Alfredo (337 kcals, 20 g Pro, 10 g Fat, 41 g CHO)</li> <li>■ Meatloaf (324 kcals, 29g Pro, 14 g Fat, 18 g CHO)</li> </ul>
Starches, Sides & Soup	<ul style="list-style-type: none"> <li>■ Collard Greens</li> <li>■ Roasted Baby Carrots</li> <li>■ Oven Roasted Potato</li> <li>■ Rice Pilaf</li> </ul>	<ul style="list-style-type: none"> <li>■ Garlic Roasted Broccoli</li> <li>■ Sautéed Zucchini</li> <li>■ Parsley Potatoes</li> <li>■ Herbed Brown Rice</li> <li>■ Minestrone Soup</li> </ul>	<ul style="list-style-type: none"> <li>■ Fresh Green Beans</li> <li>■ Mexican Corn</li> <li>■ Paprika Potatoes</li> <li>■ Jalapeno Brown Rice</li> <li>■ Chicken Tortilla Soup</li> </ul>	<ul style="list-style-type: none"> <li>■ Roasted Baby Carrots</li> <li>■ Sautéed Asparagus</li> <li>■ Mashed Potatoes</li> <li>■ Baked Mac &amp; Cheese</li> <li>■ Chicken Noodle Soup</li> </ul>	<ul style="list-style-type: none"> <li>■ Sesame Green Beans</li> <li>■ Teriyaki Broccoli</li> <li>■ Asian Stir-Fry Noodles</li> <li>■ Egg Rolls</li> <li>■ Mulligatawny Soup</li> </ul>	<ul style="list-style-type: none"> <li>■ Brussel Sprouts</li> <li>■ Baby Carrots</li> <li>■ Orzo w/Lemon &amp; Herbs</li> <li>■ Garlic Mashed Potatoes</li> <li>■ Beef &amp; Vegetable Soup</li> </ul>	<ul style="list-style-type: none"> <li>■ Herbed Green Beans</li> <li>■ Roasted Asparagus</li> <li>■ Parsley Potatoes</li> <li>■ Hawaiian Roll</li> </ul>

## DINNER

	SUN	MON	TUES	WED	THURS	FRI	SAT
Entrée	<ul style="list-style-type: none"> <li>■ Lemon Baked Cod (155 kcals, 30 g Pro, 4 g Fat, &lt;1 g CHO)</li> <li>■ Savory Baked Chicken (537 kcals, 28 g Pro, 46 g Fat, 1 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Beef Chili Mac (354 kcals, 23 g Pro, 11 g Fat, 42 g CHO)</li> <li>■ Chicken Tacos (419 kcals, 31 g Pro, 18 g Fat, 34 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Spaghetti w/ Meat Sauce (458 kcals, 27 g Pro, 13 g Fat, 56 g CHO)</li> <li>■ Chicken Piccata (615 kcals, 42 g Pro, 43 g Fat, 14 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Roast Turkey (199 kcals, 32 g Pro, 9 g Fat, 0 g CHO)</li> <li>■ Chicken Vega (620 kcals, 34 g Pro, 33 g Fat, 45 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Salmon w/ Summer Salsa (256 kcals, 39 g Pro, 9 g Fat, 2 g CHO)</li> <li>■ Salisbury Steak (254 kcals, 18 g Pro, 16 g Fat, 11 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Beef &amp; Broccoli (215 kcals, 19 g Pro, 8 g Fat, 18 g CHO)</li> <li>■ Chinese 5 Spice Chicken (361 kcals, 27 g Pro, 27 g Fat, 2 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Beef Yakisoba (403 kcals, 32 g Pro, 13 g Fat, 38 g CHO)</li> <li>■ Asian BBQ Chicken (305 kcals, 32 g Pro, 12 g Fat, 16 g CHO)</li> </ul>
Starches & Sides	<ul style="list-style-type: none"> <li>■ Peas &amp; Carrots</li> <li>■ Sautéed Zucchini</li> <li>■ Roasted Potatoes</li> </ul>	<ul style="list-style-type: none"> <li>■ Steamed Broccoli</li> <li>■ Sautéed Asparagus</li> <li>■ Refried Beans</li> <li>■ Mexican Rice</li> </ul>	<ul style="list-style-type: none"> <li>■ Herbed Green Beans</li> <li>■ Garlic Roasted Broccoli</li> <li>■ Bowtie Pasta</li> <li>■ Garlic Mashed Potatoes</li> </ul>	<ul style="list-style-type: none"> <li>■ Roast Summer Squash</li> <li>■ Herbed Green Beans</li> <li>■ Potato Wedges</li> <li>■ Hawaiian Roll</li> </ul>	<ul style="list-style-type: none"> <li>■ Wild Rice</li> <li>■ Roasted Potatoes</li> <li>■ Peas &amp; Carrots</li> <li>■ Collard Greens</li> </ul>	<ul style="list-style-type: none"> <li>■ Ginger Glazed Carrots</li> <li>■ Mandarin Veg. Stir Fry</li> <li>■ Brown Rice</li> <li>■ Teriyaki Sweet Potatoes</li> </ul>	<ul style="list-style-type: none"> <li>■ Ginger Carrots</li> <li>■ Mandarin Vegetable</li> <li>■ Brown Rice</li> </ul>

# BLUE RIBBON BISTRO MENU



WEEK 2

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

	SUN	MON	TUES	WED	THURS	FRI	SAT
	14 JULY	15 JULY	16 JULY	17 JULY	18 JULY	19 JULY	20 JULY

## LUNCH

Entrée	<p>■ Baked Tuna &amp; Noodles (456 kcals, 32 g Pro, 17 g Fat, 43 g CHO)</p> <p>■ Braised Beef Cubes (323 kcals, 50 g Pro, 10 g Fat, 9 g CHO)</p>	<p>■ Chicken Giardino (368 kcals, 25 g Pro, 11 g Fat, 44 g CHO)</p> <p>■ Shrimp Scampi (228 kcals, 13 g Pro, 14 g Fat, 3 g CHO)</p> <p>■ Italian Pork Chop (255 kcals, 24 g Pro, 16 g Fat, 4 g CHO)</p>	<p>■ Southwestern Salmon (245 kcals, 39 g Pro, 8 g Fat, 2 g CHO)</p> <p>■ Beef Enchiladas (368 kcals, 21 g Pro, 15 g Fat, 39 g CHO)</p> <p>■ Spicy Garlic Lime Chicken (429 kcals, 26 g Pro, 33 g Fat, 9 g CHO)</p>	<p>■ Potato Crusted Cod (240 kcals, 23 g Pro, 8 g Fat, 16 g CHO)</p> <p>■ Oven Fried Chicken (583 kcals, 28 g Pro, 44 g Fat, 18 g CHO)</p> <p>■ Sam's Rub Pork Spareribs (531 kcals, 33 g Pro, 29 g Fat, 35 g CHO)</p>	<p>■ Seared Mahi Mahi w/ Roasted Red Pepper Sauce (240 kcals, 34 g Pro, 5 g Fat, 11 g CHO)</p> <p>■ Jerk Chicken (412 kcals, 26 g Pro, 32 g Fat, 5 g CHO)</p> <p>■ Kahlua Style Pulled Pork (591 kcals, 30 g Pro, 46 g Fat, 13 g CHO)</p>	<p>■ Tilapia w/ Lemon Butter (140 kcals, 24 g Pro, 5 g Fat, &lt;1 g CHO)</p> <p>■ Savory Greek Chicken (434 kcals, 26 g Pro, 37 g Fat, 1 g CHO)</p> <p>■ Beef Stroganoff (268 kcals, 23 g Pro, 15 g Fat, 9 g CHO)</p>	<p>■ Ranch Chicken Pasta (424 kcals, 28 g Pro, 15 g Fat, 51 g CHO)</p> <p>■ Meatball Sub (683 kcals, 41 g Pro, 32 g Fat, 60 g CHO)</p>
Starches, Sides & Soup	<p>■ Roasted Carrots</p> <p>■ Steamed Broccoli</p> <p>■ Whole Grain Roll</p> <p>■ Egg Noodles</p>	<p>■ Herbed Brown Rice</p> <p>■ Sauteed Asparagus</p> <p>■ Ratatouille</p> <p>■ Garlic Mashed Potatoes</p> <p>■ Minestrone Soup</p>	<p>■ Sautéed cabbage</p> <p>■ Steamed Broccoli</p> <p>■ Cilantro Lime Rice</p> <p>■ Jalapeno Cornbread</p> <p>■ Chicken Tortilla Soup</p>	<p>■ Pinto Beans</p> <p>■ Collard Greens</p> <p>■ Loaded Mash. Potatoes</p> <p>■ Baked Mac &amp; Cheese</p> <p>■ Chicken Noodle Soup</p>	<p>■ Black Beans</p> <p>■ Fresh Green Beans</p> <p>■ Teriyaki Sweet Potatoes</p> <p>■ Steamed Rice</p> <p>■ Mulligatawny Soup</p>	<p>■ Asparagus</p> <p>■ Roasted Cauliflower</p> <p>■ Parsley Buttered Potatoes</p> <p>■ Orzo w/ Lemon and Herb</p> <p>■ Beef &amp; Vegetable Soup</p>	<p>■ Green Beans</p> <p>■ Summer Squash</p> <p>■ Garlic Bread</p> <p>■ Tater Tots</p>

## DINNER

Entrée	<p>■ Teriyaki Salmon (248 kcals, 39 g Pro, 8 g Fat, 2 g CHO)</p> <p>■ Mongolian Beef (203 kcals, 21 g Pro, 9 g Fat, 9 g CHO)</p>	<p>■ Swedish Meatballs (378 kcals, 23 g Pro, 28 g Fat, 11 g CHO)</p> <p>■ Potato Crusted Cod (240 kcals, 23 g Pro, 8 g Fat, 16 g CHO)</p>	<p>■ Spinach Lasagna (291 kcals, 21 g Pro, 9 g Fat, 35 g CHO)</p> <p>■ Chicken Primavera (230 kcals, 22 g Pro, 6 g Fat, 24 g CHO)</p>	<p>■ Texas Turkey Hash (249 kcals, 19 g Pro, 10 g Fat, 21 g CHO)</p> <p>■ Smothered Pork Chop (356 kcals, 23 g Pro, 21 g Fat, 18 g CHO)</p>	<p>■ Beef Yakisoba (403 kcals, 32 g Pro, 13 g Fat, 37 g CHO)</p> <p>■ Asian BBQ Chicken (305 kcals, 33 g Pro, 12 g Fat, 16 g CHO)</p>	<p>■ Lemon Baked Cod (155 kcals, 30 g Pro, 4 g Fat, &lt;1 g CHO)</p> <p>■ Rosemary Chicken (369 kcals, 27 g Pro, 29 g Fat, 1 g CHO)</p>	<p>■ Carib. Beef Curry (310 kcals, 34 g Pro, 13 g Fat, 16 g CHO)</p> <p>■ Coconut Tilapia (265 kcals, 27 g Pro, 10 g Fat, 17 g CHO)</p>
Starches & Sides	<p>■ Sesame Green Beans</p> <p>■ Mandarin Vegetables</p> <p>■ Brown Rice</p>	<p>■ New Brunswick Veg.</p> <p>■ Zucchini &amp; Squash</p> <p>■ Steamed Rice</p> <p>■ Mashed Potatoes</p>	<p>■ Roasted Carrots</p> <p>■ Sauteed Brussel Sprouts</p> <p>■ Steamed Rice</p> <p>■ Bow Tie Pasta</p>	<p>■ Normandy Veg. Blend</p> <p>■ Lyonnaise Green Beans</p> <p>■ Brown Rice</p> <p>■ Mashed Potatoes</p>	<p>■ Mandarin Vegetables</p> <p>■ Glazed Green Beans</p> <p>■ Steamed Rice</p> <p>■ Egg noodles</p>	<p>■ Sauteed Kale</p> <p>■ Herbed Green Beans</p> <p>■ Brown Rice</p> <p>■ Roasted Potatoes</p>	<p>■ Collard Greens</p> <p>■ Glazed Carrots</p> <p>■ Steamed Rice</p> <p>■ Sw. Potato Wedges</p>

# BLUE RIBBON BISTRO MENU



**WEEK 3**

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

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

## LUNCH

Soup	Chef's Choice						
<b>Entrée</b>	<ul style="list-style-type: none"> <li>■ Pork Chop (347 kcals, 25 g Pro, 17 g Fat, 21 g CHO)</li> <li>■ Chicken Cutlet (336 kcals, 33 g Pro, 18 g Fat, 8 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Italian Roast Turkey (167 kcals, 25 g Pro, 8 g Fat, &lt;1 g CHO)</li> <li>■ Citrus Herb Chicken (342 kcals, 49 g Pro, 13 g Fat, 6 g CHO)</li> <li>■ Spaghetti w/Meat Sauce (458 kcals, 27 g Pro, 13 g Fat, 56 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Chipotle Tilapia (270 kcals, 27 g Pro, 11 g Fat, 15 g CHO)</li> <li>■ Cajun Pork Loin (308 kcals, 39 g Pro, 16 g Fat, 0 g CHO)</li> <li>■ Southwest Chicken (360 kcals, 26 g Pro, 28 g Fat, 1 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Seared Salmon (239 kcals, 39 g Pro, 8 g Fat, 1.5 g CHO)</li> <li>■ Chicken Vega (620 kcals, 34 g Pro, 33 g Fat, 45 g CHO)</li> <li>■ Beef Brisket (623 kcals, 43 g Pro, 48 g Fat, 9 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Tofu Stir Fry (223 kcals, 15 g Pro, 11 g Fat, 17 g CHO)</li> <li>■ Chicken Curry (216 kcals, 23 g Pro, 12 g Fat, 7 g CHO)</li> <li>■ Cantonese Pork Spareribs (481 kcals, 36 g Pro, 33 g Fat, 11 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Lemon Crusted Cod (200 kcals, 21 g Pro, 7 g Fat, 13 g CHO)</li> <li>■ Beef Lasagna (480 kcals, 34 g Pro, 20 g Fat, 43 g CHO)</li> <li>■ BBQ Chicken (467 kcals, 26 g Pro, 27 g Fat, 28 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Baked Spaghetti (450 kcals, 25 g Pro, 13 g Fat, 56 g CHO)</li> <li>■ Chicken Parmesan (271 kcals, 36 g Pro, 8 g Fat, 12 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>■ Cornbread</li> </ul>	<ul style="list-style-type: none"> <li>■ Roasted Asparagus</li> <li>■ Sautéed Brussel Sprouts</li> <li>■ Roasted Italian Vegetable</li> <li>■ Brown Rice</li> <li>■ Minestrone Soup</li> </ul>	<ul style="list-style-type: none"> <li>■ Sautéed Garlic Kale</li> <li>■ Cilantro Lime Rice</li> <li>■ Paprika Potatoes</li> <li>■ Hacienda Corn</li> <li>■ Chicken Tortilla Soup</li> </ul>	<ul style="list-style-type: none"> <li>■ Sautéed Cabbage</li> <li>■ Roasted Squash</li> <li>■ Wild Rice</li> <li>■ Parsley Potatoes</li> <li>■ Chicken Noodle Soup</li> </ul>	<ul style="list-style-type: none"> <li>■ Caribbean Cabbage</li> <li>■ Sesame Green Beans</li> <li>■ Asian Stir-fry Noodles</li> <li>■ Dumplings</li> <li>■ Mulligatawny Soup</li> </ul>	<ul style="list-style-type: none"> <li>■ Roasted Baby Carrots</li> <li>■ Greek Potato Wedges</li> <li>■ Cauliflower Steak</li> <li>■ Rice Pilaf w/ Orzo</li> <li>■ Beef &amp; Vegetable Soup</li> </ul>	<ul style="list-style-type: none"> <li>■ Sautéed Broccoli</li> <li>■ Rice Pilaf w/ Orzo</li> <li>■ Italian Vegetables</li> <li>■ Garlic Bread</li> </ul>

## DINNER

<b>Entrée</b>	<ul style="list-style-type: none"> <li>■ Chicken Parmesan (271 kcals, 36 g Pro, 8 g Fat, 12 g CHO)</li> <li>■ Lasagna (480 kcals, 34 g Pro, 20 g Fat, 43 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Rosemary Chicken (369 kcals, 27 g Pro, 29 g Fat, 1 g CHO)</li> <li>■ Baked Ziti (378 kcals, 29 g Pro, 17 g Fat, 28 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Szechuan Chicken (406 kcals, 27 g Pro, 28 g Fat, 13 g CHO)</li> <li>■ Honey Garlic Pork Chop (280 kcals, 21 g Pro, 13 g Fat, 19 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ BBQ Chicken (467 kcals, 27 g Pro, 28 g Fat, 28 g CHO)</li> <li>■ Glazed Meatloaf (324 kcals, 29 g Pro, 14 g Fat, 18 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Chicken Cutlet (336 kcals, 33 g Pro, 18 g Fat, 8 g CHO)</li> <li>■ Lemon Baked Cod (155 kcals, 30 g Pro, 3 g Fat, &lt;1 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Beef &amp; Broccoli (232 kcals, 20 g Pro, 8 g Fat, 21 g CHO)</li> <li>■ Braised Pork Chop (259 kcals, 21 g Pro, 15 g Fat, 19 g CHO)</li> </ul>	<ul style="list-style-type: none"> <li>■ Honey Glazed Chicken (245 kcals, 32 g Pro, 5 g Fat, 17 g CHO)</li> <li>■ Swedish Meatballs (378 kcals, 23 g Pro, 28 g Fat, 11 g CHO)</li> </ul>
<b>Starches &amp; Sides</b>	<ul style="list-style-type: none"> <li>■ Italian Vegetables</li> <li>■ Green Beans</li> <li>■ Linguine</li> </ul>	<ul style="list-style-type: none"> <li>■ Peas &amp; Carrots</li> <li>■ Herbed Green Beans</li> <li>■ Garlic Mash Potatoes</li> <li>■ Garlic Bread</li> </ul>	<ul style="list-style-type: none"> <li>■ Sautéed Green Beans</li> <li>■ Paprika Potatoes</li> <li>■ Peas and Carrots</li> <li>■ Steamed Rice</li> </ul>	<ul style="list-style-type: none"> <li>■ Collard Greens</li> <li>■ Glazed Carrots</li> <li>■ Steamed Rice</li> <li>■ Garlic Mashed Potatoes</li> </ul>	<ul style="list-style-type: none"> <li>■ Brussel Sprouts</li> <li>■ Roasted Cauliflower</li> <li>■ Orzo w/ Lemon &amp; Herbs</li> <li>■ Parsley Potatoes</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>■ Glazed Baby Carrots</li> <li>■ Asparagus</li> <li>■ Brown Rice</li> <li>■ Egg noodles</li> </ul>