

# Ardmore Café Menu/Take Home Meals

## Week of September 9, 2019

### Take Home Meals

*From our kitchen, to your table!*

Fresh, convenient & affordable!  
Delicious, complete meal serves 4

**\$14.99**

Take dinner home today from Fresh Inspirations Café (Cafeteria)

Meat Lasagna

Caesar Salad  
Whole Green Beans  
Garlic Knots  
Apple Cobbler

NC BBQ Pulled Pork w/ HB Buns

Corn on the Cob  
Baked Beans  
Cole Slaw  
Apple cobbler



### WAKE FOREST BAPTIST MEDICAL CENTER EMPLOYEES

'Look for the Mindful Symbol!!



## Week of September 9, 2019

### This Weeks Soups (Mindful Highlighted in GREEN)

Monday	Tuesday	Wednesday
Creamy Boccioi Cheddar Grilled Chicken Tortilla Veggie Beef Barley	Curry Lentil French Onion Chicken & Dumplings	Cheeseburger Chowder Spring Chicken Chunky Vegetable & Orzo
Thursday	Friday	Saturday
Medi Seafood Orzo Beef Noodle Cream of Mushroom	Chicken Chile Verde Manhattan Clam Chowder Beef & Country Vegetable	Chicken Noodle / Tomato
		Sunday
		Vegetable / French Onion

Mindful Green Nutrient Criteria	Calories < 225	Total Fat < 35% kcals	Saturated Fat < 10% kcals	Trans Fats = 0 g	25 mg	Cholesterol < 500 mg	Sodium < 500 mg
Soups (8 oz. size)							

### Entrée Station (Mindful Highlighted in GREEN)

Monday	Tuesday	Wednesday
Sauteed Chicken Marsala Blackened Flank Steak Vegetable Pasta Bake Brown Rice Pilaf Baked Potato Glazed Carrots w/ Chives Saute Spinach Grilled Vegetables	Portabello Meatloaf Pretzel-Crusted Salmon Vegetable & Black Bean Enchiladas Tex Mex Veggies Whipped Sweet Potatoes Rice & Spinach Steamed Broccoli & Cauliflower	BBQ Teriyaki Pork Loin & Crispy Onions Stuffed Poblano Pepper Spinach Stuffed Sole Fresh Green Beans Mexican Rice Mexican Medley Low Far Garlic Mashed Potatoes Yellow Squash
Thursday	Friday	Saturday
Carved Smoked Pit Ham Steamed Corn BBQ Baked Beans Garden Vegetable Quiche Cauliflower Lemon scented Broccoli Greek Chicken Skewer Basmati Rice Tomato Cucumber Relish	Southwest Flank Steak Cajun Roasted Russet Potatoes Lemon Asparagus Coconut Chicken w/ Cashews Saffron Rice Pilaf Ginger Carrots Ratatouille Manicotti Steamed Corn Peas & Mushrooms	Fried Chicken Herb Baked chicken Whipped Sweet potatoes Steamed Corn Green Beans w/ Red Pepper & Garlic
	Sunday	

**Mindful Green Nutrient Criteria**  
Entrée's

Calories < 500 35% kcals	Total Fat < Saturated Fat < 10% kcals	Trans Fats = 0 g 100 mg	Cholesterol < Sodium < 600 mg
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### Mindful Entrée Station

**Monday:** Cajun Salmon, BBQ Tofu, Grilled Chicken Breast  
Broccoli Floret, Red Pepper, Mushrooms, Roasted Corn, Cherry Tomatoes, Ginger Carrots, Eggplant, Bok Choy, Mexican Rice, Thai Fried Rice, Tri-Colored Quinoa, Confetti Couscous

**Tuesday :** Tex-Mex

**Wednesday:** Cajun Salmon, BBQ Tofu, Grilled Chicken Breast  
Broccoli Floret, Red Pepper, Mushrooms, Roasted Corn, Cherry Tomatoes, Ginger Carrots, Eggplant, Bok Choy, Mexican Rice, Thai Fried Rice, Tri-Colored Quinoa, Confetti Couscous

**Thursday:** Tex-Mex

**PROTEINS ARE SET**  
**Veggies, broths & Starches may vary!!!**

**Friday:** Cajun Salmon, BBQ Tofu, Grilled Chicken Breast  
Broccoli Floret, Red Pepper, Mushrooms, Roasted Corn, Cherry Tomatoes, Ginger Carrots, Eggplant, Bok Choy, Mexican Rice, Thai Fried Rice, Tri-Colored Quinoa, Confetti Couscous

### MADE TO ORDER FLATBREADS

Choice of proteins, veggies, sauce and cheese - Specialty / Shrimp Pesto Pizzetta

### Weekly Grill/Sides

#### Daily Grill Specials!

Grilled Tilapia Sandwich  
Turkey Burger on Wheat  
Grilled Chicken Sandwich  
Baked Sweet Potato Fries

Mon - Grilled Buffalo Chicken Quesadilla  
Tues - Grilled Mac & Cheese Sand / Chippers  
Wed - Mexican Cheddar Burger / Chippers  
Thurs - Asian Citrus Crusted Tuna Patty / FF  
Fri - Buttermilk Fried Chicken Bacon Sand/ FF

Beef Hot Dog  
Grilled Cheese  
Crinkle Cut French Fries  
Southern Crispy Chicken Tenders  
Home-style Breaded Onion Rings

### NEW!! CHICKEN STATION NEW!!

Visit our new self serve chicken station offering chicken by the piece, in rotisserie or fried choices

### Specialty Bar

MONDAY	Po' Boy	Catfish, Shrimp or Pork
TUESDAY	Wings & Things	
WEDNESDAY	Mexican Spiced Pork Loin	Celebrating Hispanic Heritage Day
THURSDAY	Boston Mkt - Meatloaf/Herb Roast Turkey	
FRIDAY	5 ft. Sub, Chips and Fountain Soda Combo	Veggie or Italian Sub Choice
SATURDAY	Baked Potato Bar	Served At Grill
SUNDAY	Grilled Chicken or Steak Philly	Served At Grill

### ACTION STATION

MONDAY	Fall Salmon Salad	
TUESDAY	Szechuan Shrimp	
WEDNESDAY	Mexican Cobb Salad	
THURSDAY	Boston Mkt - Meatloaf/Herb Roast Turkey	
FRIDAY	Asain Noodle Salad w/ Peanut Dressing	Chicken or Flank Steak
SATURDAY		
SUNDAY		

