Week of August 12, 2019

Take Home Meals

From our kitchen, to your table!

Fresh, convenient & affordable!
Delicious, complete meals serve 4

$14.99

Take dinner home today from Fresh Inspirations Café (Cafeteria)

Meat Lasagna
Caesar Salad
Green Beans
Garlic Knots
Apple Cobbler

NC Pulled Pork BBQ / Buns
corn on the Cob
Baked Beans
Slaw
Apple Cobbler

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WAKE FOREST BAPTIST MEDICAL CENTER EMPLOYEES

Look for the Mindful Symbol!!

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Week of August 12, 2019

This Weeks Soups (Mindful Highlighted in GREEN)

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tbody>
<tr>
<td>Mexican Chicken &amp; Lime</td>
<td>Loaded Baked Potato</td>
<td>Beef Barley</td>
</tr>
<tr>
<td>Portuguese Bean</td>
<td>Three Mushroom Barley</td>
<td>Cheeseburger Chowder</td>
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<tr>
<td>Canadian Cheese</td>
<td>Turkey &amp; Black Bean</td>
<td>Chicken Noodle</td>
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<table>
<thead>
<tr>
<th>Thursday</th>
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<th>Saturday</th>
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</thead>
<tbody>
<tr>
<td>Creole Chicken Gumbo</td>
<td>Chili con Carne</td>
<td>Chicken Noodle/Cream of Tomato</td>
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<tr>
<td>Vegetable Beef</td>
<td>New England Clam Chowder</td>
<td>Turkey &amp; Black Bean Chili/Chicken Noodle</td>
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<tr>
<td>Harvest Broccoli</td>
<td>Garden Veggie</td>
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Mindful Green Nutrient Criteria Soups (8 oz. size)

| Calories < 225 kcal | Total Fat < 10% kcal | Trans Fats < 0.5 g | Cholesterol < 25 mg | Sodium < 500 mg |

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Entrée Station (Mindful Highlighted in GREEN)

<table>
<thead>
<tr>
<th>Monday</th>
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<tbody>
<tr>
<td>Chipotle Cranberry Turkey</td>
<td>BBQ Brisket</td>
<td>Jamaican BBQ/Pork Tenderloin</td>
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<tr>
<td>Grilled Shrimp w/ Pineapple Salad</td>
<td>Asparagus Chicken Roulade</td>
<td>Mediterranean Fish</td>
</tr>
<tr>
<td>Beef &amp; Bean Burrito</td>
<td>Stuffed Eggplant &amp; Fusilli Pasta</td>
<td>Spinach Lasagna</td>
</tr>
<tr>
<td>Grilled Yellow Peppers</td>
<td>Polenta</td>
<td>Butternut Squash &amp; Plantain Mash</td>
</tr>
<tr>
<td>Mashed Sweet Potatoes</td>
<td>Smokey Greens</td>
<td>Lemon Rice</td>
</tr>
<tr>
<td>Rice</td>
<td>Corn &amp; Green Onion Pudding</td>
<td>Mediterranean Vegetable Blend</td>
</tr>
<tr>
<td>Sesame Shitake Bok Choy</td>
<td>Spaghetti Squash</td>
<td>Fresh Yellow Squash</td>
</tr>
<tr>
<td>Sautéed Broccoli &amp; Garlic</td>
<td>Roasted Red Pepper Coulis</td>
<td>Baby Spinach</td>
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<thead>
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</table>
### Home Style Meatloaf
- Chipotle & Orange Chicken
- Santa Maria Dressed Salmon
- Brown Sugar Glazed Sweet Potatoes
- Fried Rice
- Vegetable Egg Roll
- Tempura Shrimp

### Green Beans & Baby Carrots
- Corn O'Brien
- Mushroom Gravy

### Chicken Tikka Marsala
- Asian Beef & Broccoli Stir Fry
- Brown Sugar Glazed Sweet Potatoes
- Fried Rice
- Vegetable Egg Roll
- Tempura Shrimp

### Roasted Balsamic Eggplant
- Herb Baked Chicken
- Whole Green Beans
- Smashed Potatoes
- Corn O'Brien

### Santa Maria Roast Salmon
- New Potatoes w/ Garlic
- Green Beans & Baby Carrots
- Country Gravy

### New Potatoes w/ Garlic
- Green Beans w/ Oregano
- Steamed Broccoli

### Green Beans w/ Oregano
- Steamed Broccoli
- Green Beans & Baby Carrots

### Corn O'Brien
- Brown Sugar Glazed Sweet Potatoes
- Country Gravy

### Brown Sugar Glazed Sweet Potatoes
- Country Gravy

### Country Gravy
- Dirty Mashed Potatoes
- Jasmine Rice

### Dirty Mashed Potatoes
- Jasmine Rice

### Jasmine Rice
- Green Beans & Baby Carrots

### Steamed Broccoli
- Palmetto Pride Ladyfingers

### Palmetto Pride Ladyfingers
- Steamed Broccoli

### Monday:
- Grilled Chicken Breast, Grilled Salmon, BBQ Tofu

### Tuesday:
- Grilled Chicken Breast, Grilled Salmon, BBQ Tofu
- Soba Noodles, Cellophane Noodles, Green Onions, Carrots, Snow Pea Pods, broccoli florets, red peppers, yellow onions Japanese eggplant, fresh napa cabbage, asain chicken stock, light coconut curry broth, lime, thai basil leaves, mint leaves and cilantro

### Wednesday:
- Meatball Sub / Chips
- Beef Hot Dog
- Baked Sweet Potato Fries
- Home Style Breaded Onion Rings

### Thursday:
- Bacon Avocado Ranch Burger / FF
- Crinkle Cut French Fries

### Friday:
- Grilled Chicken Breast, Grilled Salmon, BBQ Tofu
- Broccoli Florets, Baby Patty Pan Squash, Cauliflower, Rutabaga, Asparagus, Rhubarb, Turnips, Red Onions, Cremini Mushrooms, Red Peppers, Sliced Carrots, Quinoa Pilaf, Spinach Wild Rice Pilaf, Bayou Red Beans & Rice and Five Grain 5 Blend.

### Weekend:
- Monterey Black Bean Burger
- Grilled Tilapia Sandwich
- Grilled Chicken Sandwich
- Baked Sweet Potato Fries
- Grilled Cod Fish Sandwich
- Philly Style Chicken or Beef Cheesteak

### Mindful Entrée Station

#### Monday: Grilled Chicken Breast, Grilled Salmon, BBQ Tofu

#### Tuesday: Tex-Mex Bar
- Soba Noodles, Cellophane Noodles, Green Onions, Carrots, Snow Pea Pods, broccoli florets, red peppers, yellow onions Japanese eggplant, fresh napa cabbage, asain chicken stock, light coconut curry broth, lime, thai basil leaves, mint leaves and cilantro

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### Weekly Grill/Sides

**Daily Grill Special**
- Mon - Bistro Burger/ Steak Cut Fries
- Tues - Corned Beef /Seasoned FF
- Wed - Meatball Sub / Chips
- Thurs - Shrimp Po Boy / FF
- Fri - Bacon Avocado Ranch Burger / FF

**Grilled Cheese**
- Cheeseburger on Bun
- Hamburger on Bun
- Beef Hot Dog
- Grilled Cheese

**Crisp Fries**
- Southern Crispy Chicken Tenders
- Home-style Breaded Onion Rings

### Made To Order Flatbreads!!

Build your own flatbread choosing from a variety of proteins, veggies, sauces, cheese & spices!

$4.79 (mindful option available weekly)

### Action Station

<p>| MONDAY | Grilled Salmon Caesar Flatbread | Choice of Chicken or Beef Flank Steak |
| TUESDAY | Teriyaki Pork Stir Fry | Sandwich Carving Station |
| WEDNESDAY | Sandwich Carving Station | |
| THURSDAY | Street Market-Botanier Chicken/Glazed Ham | |
| FRIDAY | Thai Chicken Stir Fry | |
| SATURDAY | | |
| SUNDAY | | |</p>
<table>
<thead>
<tr>
<th>Day</th>
<th>Specialty Bar</th>
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<tbody>
<tr>
<td>Monday</td>
<td>Slider Bar: Cheeseburger, Pork or Chicken</td>
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<tr>
<td>Tuesday</td>
<td>Baked Potato Station</td>
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<tr>
<td>Wednesday</td>
<td>Sandwich Carving Station: Catfish, Chicken or shrimp</td>
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<tr>
<td>Thursday</td>
<td>Street Market-rotisserie chicken/glazed Ham</td>
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<tr>
<td>Friday</td>
<td>BBQ Pulled Pork or Chicken</td>
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<tr>
<td>Saturday</td>
<td>Nachos @ the Grill</td>
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<tr>
<td>Sunday</td>
<td>Baked Potato @ Grill</td>
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