Ardmore Café Menu/Take Home Meals

Week of March 11, 2018

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)

Beef Taco
  Yellow Taco Shells
  Lettuce/Sour Cream/Salsa
  Bandito Beans
  Chocolate Chip Cookies

Chicken Pot Pie
  Green Beans
  Carrots
  Dinner Rolls
  Chocolate Chip Cookies

WAKE FOREST BAPTIST MEDICAL CENTER EMPLOYEES

‘Look for the Mindful Symbol!!'

Week of March 11, 2018

This Weeks Soups (Mindful Highlighted in GREEN)

Monday
  Tuscan Minestrone
  Loaded Baked Potato
  Turkey & Black Bean Chili

Tuesday
  Vegetable Chili
  Mexican Meatball
  Cheesburger Chowder

Wednesday
  Turkey & Black Bean Chili
  Skinny Potato Leek
  Tomato Rice

Thursday
  Beef, Barley & Onion
  Cream of Chicken
  Turkey Chili

Friday
  Chicken Noodle / Tomato
  Turkey Chili / Cream of Potato

Sunday
  Seafood Bisque
  Spring Chicken Barley
  Cheddar Broccoli

Mindful Green Nutrient Criteria

Soups (8 oz. size) =

Calories < 225 Total Fat < 10% kcals
35% kcals Saturated Fat < 10% kcals
Trans Fats = 0 g Cholesterol < 25
Sodium < 500 mg

Entrée Station (Mindful Highlighted in GREEN)

Monday
  Roast Beef w/ Rosemary Chimichurri
  Chicken, Andouille & Okra Gumbo
  Baked Sweet Potatoes
  Steakhouse Spinach
  Farmer Wt Veggie Medley
  Steamed Broccoli and Red Peppers
  Breaded Baked Fish
  Brown Rice

Tuesday
  Southern Pot Roast
  Blackened Pork Loin & Verde Salsa
  Portabella Stroganoff
  Mashed Potatoes
  Parmesan Crusted Cauliflower
  Roasted Zucchini
  Colored Greens

Wednesday
  Vegetarian Paella
  Apricot Glazed Turkey
  Pork Cutlet w/ Asparagus & Shiitake
  Jasmine Rice
  Ajonc Vegetable Medley
  Steamed Green Beans
  Roasted Asparagus

Thursday
  Sesame Pork Tenderloin
  Beer Battered Cod
  BBQ Stuffed Chicken
  Wild Rice Pilaf
  Broccoli Florets
  French Fried Okra
  Roast Yellow Squash

Friday
  Corned Beef & Cabbage / Roasted Irish Salmon
  Irish Lamb Stew / Irish Soda Bread
  Vegetarian Shepherd's Pie
  Steamed Baby Carrots
  Braised Cabbage
  Sautéed Greens
  Red Potatoes

Saturday
  Pub Style Fish & Chips
  Chicken Caserole
  Mac & Cheese
  Sauté Spinach
  Sautéed Zucchini
  Corn on the Cob

Sunday
  Southern Fried Chicken
  Cheese Ravioli w/ Marinara
  Brown Gravy
  Smashed Potatoes
  Steamed Broccoli Crown
  Roasted Yellow Squash
  French Fried Breaded Okra

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Mindful Green Nutrient Criteria

**Entrée’s**

| Calories < 500 | Total Fat < 35% | Trans Fats < 5g | Cholesterol < 100mg | Sodium < 600 mg |

Mindful Entrée Station

**Monday:** Chinese Tofu, Grilled Chicken Breast, Citrus & Herb Crusted Salmon, 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:** Chinese Tofu, Grilled Chicken Breast, Citrus & Herb Crusted Salmon

**Wednesday:** Made to Order Flatbreads

**Thursday:** Tex-Mex

**Friday:** Chinese Tofu, Grilled Chicken Breast, Citrus & Herb Crusted Salmon

MADE TO ORDER FLATBREADS

Choice of proteins, veggies, sauce and cheese

Weekly Grill/Sides

**Grilled Tilapia Sandwich**

**Turkey Burger on Wheat**

**Grilled Chicken Sandwich**

**Baked Sweet Potato Fries**

**Daily Grill Specials!**

**Mon - Southwest Chili Cheese Fries**
**Beef Hot Dog**
**Grilled Cheese**
**Turkey Burger on Wheat**
**Thurs - Meatball Hoagie w/ chippers**
**Fri - BBQ Pulled chicken w/ wedge fries**

NEW!! CHICKEN STATION NEW!!

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

Specialty Bar

| MONDAY | Catfish, Chicken or Shrimp Po Boy | Bratwurst, Kielbasa or Knockwurst |
| TUESDAY | Sausage Sandwich | Sausage Sandwich |
| WEDNESDAY | Wings & Things | Wings & Things |
| THURSDAY | Boston Street - Ribs / Bourbon Eye of Round | Boston Street - Ribs / Bourbon Eye of Round |
| SATURDAY | Baked Potato Station | Baked Potato Station |
| SUNDAY | Nachos Supreme | Nachos Supreme |

ACTION STATION

| MONDAY | Southwest Flank Steak Salad | Southwest Flank Steak Salad |
| TUESDAY | Sweet & Sour Chicken | Sweet & Sour Chicken |
| WEDNESDAY | Grilled Pineapple Sesame Chicken Salad | Grilled Pineapple Sesame Chicken Salad |
| THURSDAY | Boston Street - Ribs / Bourbon Eye of Round | Boston Street - Ribs / Bourbon Eye of Round |
| SATURDAY | Wing Bar | Wing Bar |
| SUNDAY | Nachos Supreme | Nachos Supreme |