### Ardmore Café Menu/Take Home Meals

**Week of January 21, 2018**

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)

<table>
<thead>
<tr>
<th>Meal</th>
<th>Grilled Chicken Parmesan</th>
<th>NC BBQ</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Caesar Salad</td>
<td>Pulled Pork / Hamburger Buns</td>
</tr>
<tr>
<td></td>
<td>Broccoli Florets</td>
<td>Baked Beans</td>
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<tr>
<td></td>
<td>Garlic Knots</td>
<td>Corn on the Cob</td>
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<tr>
<td></td>
<td>Apple Cobbleter</td>
<td>Dinner Rolls</td>
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<tr>
<td></td>
<td></td>
<td>Cole Slaw</td>
</tr>
</tbody>
</table>

### WAKE FOREST BAPTIST MEDICAL CENTER EMPLOYEES

Look for the **Mindful Symbol!!**

### Week of January 21, 2018

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

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Turkey &amp; Black Bean Chili Broccoli Cheddar Cheese</td>
<td>Creamy Turkey &amp; Wild Rice Italian Wedding American Bounty Vegetable</td>
<td>Chunky Vegetable &amp; Orzo Spring Chicken Turkey &amp; Black Bean Chili</td>
</tr>
<tr>
<td>Thursday</td>
<td>Friday</td>
<td>Saturday</td>
</tr>
<tr>
<td>Beef Noodle Cream of Mushroom Medi Seafood &amp; Orzo</td>
<td>Chicken &amp; Dumplings New England Clam Chowder Turkey &amp; Black Bean Chili</td>
<td>Chicken Noodle/Cream of Tomato Sunday Turkey &amp; Black Bean Chili/Cream of Potato</td>
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</tbody>
</table>

### Mindful Green Nutrient Criteria Soups (8 oz. size)

<table>
<thead>
<tr>
<th>Calories &lt; 225</th>
<th>Total Fat &lt; 35% kcals</th>
<th>Trans Fat &lt; 0 g</th>
<th>Cholesterol &lt; 25 mg</th>
<th>Sodium &lt; 500 mg</th>
</tr>
</thead>
<tbody>
<tr>
<td>35% kcals</td>
<td>10% kcals</td>
<td>0 g</td>
<td>25 mg</td>
<td>500 mg</td>
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</tbody>
</table>

### Entrée Station (Mindful Highlighted in GREEN)

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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</thead>
<tbody>
<tr>
<td>Sautéed Chicken Marsala Eggplant Parmesan Pan Fried Tilapia w/ Chili Lime Butter Wild Rice Blend</td>
<td>BBQ Brisket w/ Sweet Corn &amp; Onion Onions Ratatouille Stuffed Portabella Mashed Potatoes Herb Roasted Carrots Smokey Greens Sugar Snap Peas w/ marjoram</td>
<td>Spicy Chicken BBQ Teriyaki Pork Loin w/ crispy onions Turkey Cordon Bleu Steamed Broccoli Medley Scallion Roasted Red Bliss Potatoes Sautéed Spinach w/ onion &amp; garlic Sesame Shitake Bok Choy Brown Rice</td>
</tr>
<tr>
<td>Thursday</td>
<td>Friday</td>
<td>Saturday</td>
</tr>
<tr>
<td>Chipotle Roasted Butternut Squash Oven Roasted Squash w/ Mushrooms Red Swiss Chard w/ Garlic</td>
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</tbody>
</table>
Traditional Chicken Pot Pie
Asian Beef & Broccoli Stir fry
Baked Chicken Ziti
Crusty Parmesan Talaapia
Country Fried Steak w/ Brown Gravy
Grilled Chicken w/ Cherry Olive Sauce
Brown Sugar Rubbed Pork Loin
Smashed Potatoes
Vegetable Egg Roll
Steamed Broccoli Crowns
Steamed Corn
Green Beans
Stamed Broccoli Crowns
Green Beans w/ Red Pepper & Garlic
Glazed Carrots
Steamed Broccoli Crowns
Green Beans w/ Red Pepper & Garlic
Crispy Parmesan Talaapia
Grilled Chicken w/ Cherry Olive Sauce
Steamed Broccoli Crowns
Tex Mex Veggies
Fried Rice
Steamed Broccoli Crowns
Tex Mex Veggies
Sunday
Southern Fried Chicken
Baked Cod w/ Butter Crumb Topping
Golden Rice Pilaf
Peas & Mushrooms
Steamed Corn
Vegetable Egg Roll
Smashed Potatoes
Fried Rice
Steamed Broccoli Crowns
Green Beans
Cauliflower
Garlic Ginger Snap Peas
Tex Mex Veggies

Monday: Seasoned Shrimp, Grilled Tofu & Grilled Chicken Breast

Tuesday: Tex-Mex Bar
Extra Firm Tofu, Korean Grilled Pork Loin, Shrimp, Grilled Chicken
Soba Noodles, Cellophane Noodles, Green Onions, Carrots, Snow Pea Pods, broccoli florets, red peppers, yellow onion, Japanese eggplant, fresh napa cabbage, Asian chicken stock, light coconut curry broth, limes, Thai basil leaves, mint leaves and cilantro

Wednesday: Extra Firm Tofu, Korean Grilled Pork Loin, Shrimp, Grilled Chicken
Soba Noodles, Cellophane Noodles, Green Onions, Carrots, Snow Pea Pods, broccoli florets, red peppers, yellow onion, Japanese eggplant, fresh napa cabbage, Asian chicken stock, light coconut curry broth, limes, Thai basil leaves, mint leaves and cilantro

Thursday: Tex-Mex Bar
Basil Lemon Chicken Breast, Grilled Tofu, Seasoned Shrimp & Grilled Salmon

Friday: Basil Lemon Chicken Breast, Grilled Tofu, Seasoned Shrimp & Grilled Salmon

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

Mindful Entrée Station

NEW!! CHICKEN STATION NEW!!

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

Weekly Grill/Sides

Monterey Black Bean Burger
Cheeseburger on Bun
Grilled Tilapia Sandwich
Grilled Tofu & Grilled Chicken Breast
Grilled Chicken Sandwich
Hamburger on Bun
Baked Sweet Potato Fries
Seasoned Shrimp & Grilled Salmon
Grilled Sweet Potato Fries
Cheeseburger on Bun
Baked Sweet Potato Fries
Cheeseburger on Bun
Cellophane Noodles, Green Onions, Carrots, Snow Pea Pods, broccoli florets, red peppers, yellow onion, Japanese eggplant, fresh napa cabbage, Asian chicken stock, light coconut curry broth, limes, Thai basil leaves, mint leaves and cilantro

Mindful Entrée Station

Cheeseburger on Bun
Hamburger on Bun
Beef Hot Dog
Grilled Cheese
Crinkle Cut French 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

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>Closed / Observance MLK Day</th>
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<tbody>
<tr>
<td>TUESDAY</td>
<td>Jambalaya</td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td>Sandwich Carving Station</td>
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<tr>
<td>THURSDAY</td>
<td>Chicken Le Noir</td>
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<tr>
<td>FRIDAY</td>
<td>General Tso's Chicken</td>
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<tr>
<td>SATURDAY</td>
<td>Baked Potato Station</td>
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<tr>
<td>SUNDAY</td>
<td>Nachos Supreme</td>
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Specialty Bar

<table>
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<tbody>
<tr>
<td>TUESDAY</td>
<td>BBQ - Chicken, Beef or Pork</td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td>Sandwich Carving Station</td>
</tr>
<tr>
<td>Day</td>
<td>Menu</td>
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</tr>
<tr>
<td>Thursday</td>
<td>Wing Bar w/ FF</td>
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<tr>
<td>Friday</td>
<td>Quiche Bar</td>
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<tr>
<td>Saturday</td>
<td>Baked Potato Station</td>
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<tr>
<td>Sunday</td>
<td>Nachos Supreme</td>
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