#### Meat Lasagna
- Caesar Salad
- Whole Green Beans
- Bread Sticks
- Apple Cobbler

#### Vegetable Lasagna
- Broccoli & Cauliflower
- Garden Salad
- Bread Sticks
- Apple Cobbler

#### NC BBQ
- Pulled Pork / Hamburger Buns
- Baked Beans
- Corn on the Cob
- Dinner Rolls
- Cole Slaw
- Apple Cobbler

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#### 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)

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#### WAKE FOREST BAPTIST MEDICAL CENTER EMPLOYEES
Look for the Mindful Symbol!!

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#### Ardmore Café Menu/Take Home Meals

**Week of November 26, 2018**

**Take Home Meals**

**From our kitchen, to your table!**

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

**$14.99**

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This Weeks Soups (Mindful Highlighted in GREEN)

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

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

- Calories < 225 kcal
- Total Fat < 10% kcals
- Saturated Fat < 5% kcals
- Trans Fat = 0 g
- Cholesterol < 25 mg
- Sodium < 500 mg

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**Entrée Station (Mindful Highlighted in GREEN)**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sautéed Chicken Marsala</td>
<td>BBQ Brisket w/ Sweet Corn &amp; Green Onion</td>
<td>Chicken Adobado</td>
<td>Sautéed Chicken Marsala</td>
<td>Sautéed Chicken Marsala</td>
<td>Sautéed Chicken Marsala</td>
</tr>
<tr>
<td>Eggplant Parmesan</td>
<td>Ratatouille Stuffed Portobello</td>
<td>BBQ Teriyaki Pork Loin w/ crispy onions</td>
<td>Pan Fried Talapia w/ Chili Lime Butter</td>
<td>Salmon Provençal</td>
<td>Steamed Broccoli Medley</td>
</tr>
<tr>
<td>Pan Fried Tuna w/ Chili Lime Butter</td>
<td>Country Mashed Potatoes</td>
<td>Steamed Broccoli Medley</td>
<td>Wild Rice Blend</td>
<td>Country Mashed Potatoes</td>
<td>Scallion Roasted Red Bliss Potatoes</td>
</tr>
<tr>
<td>Sautéed Spinach</td>
<td>Sugar Snap Peas w/ fresh marjoram</td>
<td>Sauteed Spinach w/ onion &amp; garlic</td>
<td>Sautéed Spinach</td>
<td>Herb Roasted Carrots</td>
<td>Sautéed Spinach w/ onion &amp; garlic</td>
</tr>
<tr>
<td>Chipotle Roasted Butternut Squash</td>
<td>Smokey Greens</td>
<td>Sesame Shiitake Bok Choy</td>
<td>Oven Roasted Squash w/ Mushrooms</td>
<td>Herb Roasted Carrots</td>
<td>Sesame Shiitake Bok Choy</td>
</tr>
<tr>
<td>Oven Roasted Squash w/ Mushrooms</td>
<td></td>
<td>Brown Rice</td>
<td>Red Swiss Chard w/ Garlic</td>
<td>Smokey Greens</td>
<td>Brown Rice</td>
</tr>
<tr>
<td>Red Swiss Chard w/ Garlic</td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>
Traditional Chicken Pot Pie
Crusty Parmesan Talapia
Country Fried Steak w/ Brown Gravy
Smashed Potatoes
Green Beans
Glazed Carrots
Cauliflower

Asian Beef & Broccoli Stir fry
Grilled Chicken w/ Cherry Olive Sauce
Santa Maria Roast Salmon
Fried Rice
Vegetable Egg Roll
Steamed Broccoli Crowns
Garlic Ginger Snap Peas
Tex Mex Veggies

Sunday
Southern Fried Chicken
Baked Cal w/ Butter Crumb Topping
Golden Rice Pilaf
Peas & Mushrooms
Sautéed Spinach
Baby Carrots

Monday: Seasoned Shrimp, Grilled Tofu & Grilled Chicken Breast

Tuesday: Tex-Mex Bar

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

Thursday: Tex-Mex Bar

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

Monterey Black Bean Burger
Grilled Tilapia Sandwich
Grilled Chicken Sandwich
Baked Sweet Potato Fries
Grilled Cod Fish Sandwich

Cheesburger on Bun
Hamburger on Bun
Beef Hot Dog
Grilled Cheese
Crockie Cut French Fries
Southern Crispy Chicken Tenders
Home-style Breaded Onion Rings

MONDAY
Salmon Berry Blast Salad

TUESDAY
Sambalaya

WEDNESDAY
Sandwich Carving Station

THURSDAY
Chicken Lo Mein

FRIDAY
General Tso’s Chicken

SATURDAY
Baked Potato Station

SUNDAY
Nachos Supreme

MONDAY
Macaroni & Cheese Bar

TUESDAY
BBQ - Chicken, Beef or Pork

WEDNESDAY
Sandwich Carving Station

THURSDAY
Wing Bar w/ FF

FRIDAY
Quiche Bar

SATURDAY
Baked Potato Station

SUNDAY
Nachos Supreme