Ardmore Café Menu/Take Home Meals

Week of May 6, 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)

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 May 6, 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>Tuscan Minestrone</td>
<td>Vegetable Chili</td>
<td>Turkey &amp; Black Bean Chili</td>
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<tr>
<td>Loaded Baked Potato</td>
<td>Mexican Meatball</td>
<td>Skinny Potato Leak</td>
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<tr>
<td>Turkey &amp; Black Bean Chili</td>
<td>Cheeseburger Chowder</td>
<td>Tomato Rice</td>
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<thead>
<tr>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td>Manhattan Clam Chowder</td>
<td>Beef, Barley &amp; Onion</td>
<td>Chicken Noodle / Tomato</td>
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<tr>
<td>Spring Chicken Barley</td>
<td>Cream of Chicken</td>
<td>Tomato Rice</td>
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<tr>
<td>Cheddar Broccoli</td>
<td>Turkey Chili</td>
<td>Turkey Chili / Cream of Potato</td>
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Mindful Green Nutrient Criteria
Soups (8 oz. size)

- Calories < 225
- Total Fat < 5g
- Saturated Fat < 50% of total fat
- Trans Fat = 0 g
- Cholesterol < 25 mg
- Sodium < 500 mg

Entrée Line
Cobbler and Crisps Desert Bar

Mindful Entrée Station

- Monday: Chinese Tofu, Grilled Chicken Breast, Citrus & Herb Crusted Salmon
- Tuesday: Tea-Mex
- Tuesday: Chinese Tofu, Grilled Chicken Breast, Citrus & Herb Crusted Salmon
- Wednesday: Chinese Tofu, Grilled Chicken Breast, Citrus & Herb Crusted Salmon
- Thursday: Chicken Floret, Red Pepper, Mushrooms, Roasted Corn, Cherry Tomatoes, Ginger Carrots, Eggplant, Black Bean, Mexican Rice, Thai Fried Rice, Tri-Colored Quinoa, Confetti Couscous
MADE TO ORDER FLATBREADS
Choice of proteins, veggies, sauce and cheese

Weekly Grill/Sides

Daily Grill Specials!

- Mon - Southwest Chili Cheese Fries
- Tues - Baja Fish Tacos
- Wed - Grilled Reuben w/ chippers
- Thurs - Italian Meatballs w/ chippers
- Fri - BBQ Pulled chicken w/ wedge fries

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

ACTION STATION

<table>
<thead>
<tr>
<th>DAY</th>
<th>MEAL</th>
<th>Choice of Protein, Pastas, Veggies and Sauce</th>
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<tbody>
<tr>
<td>MONDAY</td>
<td>PEKING PLATE</td>
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<tr>
<td>TUESDAY</td>
<td>PEKING PLATE</td>
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<td>WEDNESDAY</td>
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<td>THURSDAY</td>
<td>PEKING PLATE</td>
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<td>FRIDAY</td>
<td>PEKING PLATE</td>
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<tr>
<td>SATURDAY</td>
<td>Chicken Wings</td>
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<tr>
<td>SUNDAY</td>
<td>Nachos</td>
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