Ardmore Café Menu/Take Home Meals

Week of December 3, 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)

Southern Fried Chicken
Creamy Macaroni & Cheese
Green Beans
Dinner Rolls
Peach Cobbler

Braised Beef w/ Beef Gravy
Mashed Potatoes
Mixed Greens
Dinner Rolls
Peach Cobbler

Choose Flatbread Pizza
Pepperoni
Tossed Garden Salad
Ranch Dressing
Brownies

WAKE FOREST BAPTIST MEDICAL CENTER EMPLOYEES

Look for the Mindful Symbol!!

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</td>
<td>Classic New England Clam Chowder</td>
<td>Turkey &amp; Black Bean Chili</td>
</tr>
<tr>
<td>Vegetable Paella</td>
<td>Tomato/Chicken Noodle Soup</td>
<td>Chicken Noodle/Turkey &amp; Black Bean Chili</td>
</tr>
</tbody>
</table>

Mindful Green Nutrient Criteria Soups (8 oz. size)

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total Fat</th>
<th>Total Cholesterol</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt; 225</td>
<td>&lt; 35% kcal</td>
<td>&lt; 25 mg</td>
<td>&lt; 500 mg</td>
</tr>
</tbody>
</table>

Mindful Green Nutrient Criteria Entrée's

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total Fat</th>
<th>Total Cholesterol</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt; 500</td>
<td>&lt; 35% kcal</td>
<td>&lt; 100 mg</td>
<td>&lt; 600 mg</td>
</tr>
</tbody>
</table>

Entrée Station (Mindful Highlighted in GREEN)

<table>
<thead>
<tr>
<th>Monday</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Lemon Sage Chicken, Orzo &amp; Vegetables</td>
<td>Grilled Pork Cutlet</td>
<td>Roast Yellow Squash</td>
</tr>
<tr>
<td>Italian Sausage, Orzo &amp; Vegetables</td>
<td>Flank Steak w/ Chimichurri Sauce</td>
<td>Simply Roasted Beets</td>
</tr>
<tr>
<td>Jasmine Rice, Steamed Broccoli</td>
<td>Chipotle Grilled Chicken Breast</td>
<td>Steamed Vegetable Medley</td>
</tr>
<tr>
<td>Fresh Carrots w/ Mint</td>
<td>Steamed Peas</td>
<td>Oven Charred Red Peppers</td>
</tr>
</tbody>
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<tbody>
<tr>
<td>&lt; 125</td>
<td>&lt; 10% kcal</td>
<td>&lt; 15 mg</td>
<td>&lt; 200 mg</td>
</tr>
<tr>
<td>&gt; 125</td>
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Take dinner home today from Fresh Inspirations Café (Cafeteria)
Monday: Rosemary Garlic Chicken Breast, Santa Maria Roast Salmon, Roasted Sesame Ginger Tofu


NEW!! CHICKEN STATION
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

NEW!! 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

Specialty Bar