

Ardmore Café Menu/Take Home Meals

Week of November 12, 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)

Rosemary Grilled Pork Chops

Meatloaf

Cheeseburger/Hot Dog

Roasted Rosemary Potatoes
Broccoli Florets
Dinner Roll Dough
Apple Crisp

Mashed Potatoes
Green Peas
Dinner Roll Dough
Apple Crisp

Potato Salad
Baked Beans
Corn on the Cob
Chocolate Chip Cookies



WAKE FOREST BAPTIST MEDICAL CENTER EMPLOYEES

Look for the **Mindful** Symbol!!



Week of November 12, 2018

This Weeks Soups (Mindful Highlighted in GREEN)

Monday

Chicken & Rice
Forest Mushroom
Turkey & Black Bean Chili

Tuesday

Corn & Red Pepper Chowder
Cream of Spinach
Chicken Ditalini

Wednesday

Cream of Broccoli
Veggie Beef Barley
Turkey & Black Bean Chili

Thursday

White Bean, Cabbage & Sausage
Thai Chicken & Rice
Veggie Chowder

Friday

New England Clam Chowder
Roasted Tomato Tortilla
Turkey & Black Bean Chili

Saturday

Chicken Noodle / Turkey & Black Bean Chili

Sunday

Cream of Potato/Tomato Basil

Mindful Green Nutrient
Criteria Soups (8 oz. size)

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

Entrée Station (Mindful Highlighted in GREEN)

Monday

Steak Milanese
Sautéed Talapia & Honey Scallion Drizzle
Chicken Tandoori
Parmesan Whipped Potatoes
Steamed Cauliflower
Green Bean w/ Red Pepper & Garlic
Roasted Zucchini

Tuesday

Lemon Pepper Chicken Breast
Cheese Ravioli w/ Bolognese Sauce
Black Beans & Corn Sauce over Rice
Sauté Spinach
Balsamic Grilled Yellow Squash
Herb Roasted Carrots

Wednesday

Pesto Crusted Cod
Rosemary Grilled Pork Chop
French Country Chicken
Peas & Mushrooms
Steamed Broccoli & Red Peppers
Roasted Fingerling Potatoes
Asparagus Parmesan

Thursday

Catfish Shrimp Stew
Jamaican Jerk Chicken
Cheese Manicotti
Coconut Black Bean Rice
Roasted Balsamic Eggplant
Okra sauteed w/ Tomato
Yellow Squash w/ Thyme

Friday

Sweet & Sour Pork
Lemon Thyme Pan Roasted Salmon
Spinach Eggplant Rollentini
Fried Rice
Stir Fried Cabbage w/ peppers & peas
Steamed Baby Carrots
Grilled Zucchini

Saturday

Honey BBQ Chicken Breast
Spaghetti & Meatballs
Rosemary Red Bliss Potatoes
Steamed Corn
Steakhouse Spinach
Balsamic Roasted Veggies



Sunday

Southern Fried Chicken
Roasted Apple Stuffed Pork Loin
Herb Mashed Potatoes
Brown Gravy
Glazed Fresh Carrots
Steamed Veggie Medley
Whole Green Beans



**Mindful Green Nutrient
Criteria Entrée's**

| | |
|---------------------------|----------------------|
| Calories < 500 | Trans Fats = 0 g |
| Total Fat < 35% kcals | Cholesterol < 100 mg |
| Saturated Fat < 10% kcals | Sodium < 600 mg |

Mindful Entrée Station

Monday: Grilled Tofu, Grilled Chicken Breast & Cajun Salmon
Broccoli Floret, Brussels Sprouts, Zucchini, Red Onions, Red & Yellow Pepper, Roasted Beets, Carrots, Cremini Mushrooms, Bow Tie Pasta, Spinach Wild Rice Pilaf.

Back by popular demand!

Tex - Mex

Wednesday: Cajun Salmon, Grilled Tofu & Grilled Chicken Breast
Brussels Sprouts, Red Onions, Pea Pods, Yellow Squash, Cremini Mushrooms, Zucchini, Red Peppers, Roasted Beets, Carrots, Bow Tie Pasta, Cilantro Rice, Spinach Wild Rice Pilaf

Back by popular demand!

Tex - Mex



Friday: Cajun Salmon, Grilled Tofu & Cajun Chicken Breast
Brussels Sprouts, Red Onions, Pea Pods, Yellow Squash, Cremini Mushrooms, Zucchini, Red Peppers, Roasted Beets, Carrots, Bow Tie Pasta, Cilantro Rice, Spinach Wild Rice Pilaf

CHICKEN STATION

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

Weekly Grill/Sides

Grilled Cod Fish Sandwich
Grilled Tilapia Sandwich
Turkey Burger on Wheat
Grilled Chicken Sandwich
Baked Sweet Potato Fries



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

Daily Grill Specials!

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

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|-----------|-------------------------------------|--|--|
| MONDAY | Caprese Style Grilled Chicken Salad | | |
| TUESDAY | Stir Fry | | |
| WEDNESDAY | Wild Mushroom & Steak | | |
| THURSDAY | Kung Pao Chicken Rice Bowl | | |
| FRIDAY | Fajita Bar | | |
| SATURDAY | Baked Potato Station | | |
| SUNDAY | Sloppy Joe Sliders | | |

Specialty Bar

| | | | |
|-----------|------------------------------------|--|--|
| MONDAY | Nachos Supreme | | |
| TUESDAY | Taco Bar (3 Tacos) w/ Rice & Beans | | |
| WEDNESDAY | Pasta Bar | | |
| THURSDAY | Wing Bar w/ FF | | |
| FRIDAY | Sandwich Station | | |
| SATURDAY | Baked Potato Station | | |
| SUNDAY | Sloppy Joe Sliders | | |