

Ardmore Café Menu/Take Home Meals

Week of July 16, 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	Braised Beef w/ Beef Gravy	Cheese Flatbread Pizza
Creamy Macaroni & Cheese	Mashed Potatoes	Pepperoni
Green Beans	Sliced Carrots	Tossed Garden Salad
Dinner Rolls	Dinner Rolls	Ranch Dressing
Peach Cobbler	Peach Cobbler	Brownies



WAKE FOREST BAPTIST MEDICAL CENTER EMPLOYEES

Look for the **Mindful** Symbol!!



Week of July 16, 2018

This Weeks Soups (Mindful Highlighted in GREEN)

Monday Chicken Gumbo Vegetarian Lentil Turkey & Black Bean Chili	Tuesday Beef Mushroom Barley Tunisian Veggie & Beef Chicken and Corn Chowder	Wednesday Mushroom Bisque Chicken Noodle Turkey & Black Bean Chili
Thursday Ham & Collard Green Carrot & Ginger Chunky Beef Noodle	Friday Classic New England Clam Chowder Chicken Barley Soup Turkey & Black Bean Chili	Saturday Tomato/Chicken Noodle Sunday Chicken Noodle/Turkey & Black Bean Chili

Mindful Green Nutrient Criteria Soups (8 oz. size)	Calories < 225 35% kcal	Total Fat < Saturated Fat < 10% kcal	Trans Fats = 0 g Cholesterol < 25 mg Sodium < 500 mg
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Entrée Station (Mindful Highlighted in GREEN)

Monday Lemon Sage Chicken, Orzo & Vegetables Mediterranean Tortellini Bacon Wrapped Pork Loin Chive & Garlic Mashed Potatoes Toasted Orzo Steamed Vegetable Medley Steamed Peas Balsamic Roasted Vegetables	Tuesday Sesame Chicken Breast Middle Eastern Chickpea & Rice Stew Spinach Stuffed Sole Jasmine Rice Steamed Broccoli Crowns Roasted Zucchini Roasted Balsamic Eggplant	Wednesday Roasted Boneless Turkey Breast Irish Beef Stew Chicken Parmesan Linguini w/ Parsley Dirty Mashed Potatoes Lemon Roasted Asparagus Peas & Carrots Steamed Broccoli
Thursday Jamaican Jerk Chicken Flank Steak w/ Chimichurri Sauce Eggplant & Garlic Sauce Jasmine Rice Gingered Snow Peas Oven Charred Red Peppers Fresh Zucchini with Mint	Friday Shepards Pie Citrus & Herb Crusted Cod Chipotle Grilled Chicken Breast Sautéed Green Beans Simply Roasted Beets Steamed Vegetable Medley	Saturday Grilled Pork cutlet Southern Turkey Pot Pie Gratin Potatoes Honey Mustard Glazed Brussel Sprouts Roasted Corn w/ Caramelized Onions

Mindful Green Nutrient Criteria Entrée's	Calories < 500 Total Fat < 35% kcal Saturated Fat < 10% kcal	Trans Fats = 0 g Cholesterol < 100 mg Sodium < 600 mg
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Mindful Entrée Station

<p>Monday: Rosemary Garlic Chicken Breast, Santa Maria Roast Salmon, Roasted Sesame Ginger Tofu</p> <p>Kale, Red Pepper, Carrots, Mushrooms, Spaghetti Squash, Red Beets, Swill Chard, Romaine, French Green Beans, Red Onions, Red Potatoes, Fresh Herbs, Confecti Couscous, Brown Rice, Rotini Noodles Whole Wheat.</p>	<p>Tuesday: Bulgogi Beef Skewers with Jasmine rice</p> <p>Smoothie Bar</p>	<p>Wednesday: Korean Grilled Chicken, Korean Grilled Pork Loin, Steamed Shrimp, Tofu</p> <p>Green Onions, Carrots Snow Pea Pods, Broccoli Florets, Fresh Red Peppers, Yellow Onions, Fresh Japanese Eggplant, Napa Cabbage, Cellophane Noodles, Soba Noodles</p>
<p>Thursday: Citrus Salmon, Couscous and Green Beans</p> <p>Smoothie Bar</p>		<p>Friday: Grilled Chicken Breast, Citrus Herb Salmon, Extra Firm Tofu</p> <p>Red & Yellow Peppers, Swiss Chard, Zucchini, Summer Squash, Snow Pea Pods, Carrots Mushrooms, Red Potatoes, Wax Beans, Greek Black Olives, French Green Beans, Brown Rice & Barley Pilaf, Harvest Golden Jewel Blend, Rotini Noodles Whole Wheat, Confecti Couscous</p>

NEW!! CHICKEN STATION NEW!!

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

Weekly Grill/Sides

<p>Monterey Black Bean Burger Grilled Tilapia Sandwich Grilled Chicken Sandwich Baked Sweet Potato Fries Grilled Cod Fish Sandwich</p>		<p>Cheeseburger on Bun Hamburger on Bun Beef Hot Dog Grilled Cheese Crinkle Cut French Fries Southern Crispy Chicken Tenders Home-style Breaded Onion Rings</p>
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NEW!! MADE TO ORDER FLATBREADS!! NEW!!

Build your own flatbread choosing from a variety of proteins, veggies, sauces, cheese & spices!

\$4.79 (mindful option available weekly)

Action Station

MONDAY	Caesar Salad Bar	
TUESDAY	Rajun Cajun Pasta Stir Fry	
WEDNESDAY	Taco Chip Salad	
THURSDAY	Boston Market/ Chicken-Pit Ham	
FRIDAY	Shrimp Pad Thai	
SATURDAY	Nachos Supreme	
SUNDAY	Baked Potato Station	

Specialty Bar

MONDAY	Beef, Chicken or Pork Souvlaki	
TUESDAY	Baked Potato Station	
WEDNESDAY	Catfish, Chicken or Shrimp Po Boy	
THURSDAY	Boston Market/ Chicken-Pit Ham	
FRIDAY	Fish Sandwich Choice w/ Chips	
SATURDAY	Nachos Supreme	
SUNDAY	Baked Potato Station	