

Ardmore Café Menu/Take Home Meals

Week of November 20th, 2017

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 Tacos

Greek Chicken Skewers

Chicken Pot Pie

Yellow Corn Shells

Greek Roasted Potatoes

Green Beans

Flour Tortillas

Greek Side Salad

Carrots

Toppings

Hummus & Pita

Dinner Rolls

Bandito Beans

Chocolate Chip Cookies

Chocolate Chip Cookies

Chocolate Chip Cookies

Nutritional Facts

Beef Taco

Nutritional Facts	
Serving Size 1 oz (28) g	
Amount Per Serving	
Calories 60	Calories From Fat 45
% Daily Value *	
Total Fat 4.5g	7%
Saturated Fat 2.0g	10%
Trans Fat 0.0g	
Cholesterol 15.0mg	5%
Sodium 40.0mg	2%
Total Carbohydrate Less than 1 g	0%
Dietary Fiber 0.0g	0%
Sugars 0.0g	
Protein 4.0g	
Vitamin A 4%	Vitamin C 0%
Calcium 0%	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients: Ground Beef, 80/20, Frozen, Raw, Crushed Tomatoes, Canned, Water, Diced 1/4" Yellow Onions, Dark Chili Powder, Fresh Whole Clove Peeled Garlic, Ground Coriander, Table Ground Black Pepper, Ground Cumin

Contains: No allergens

Sodexo, Inc

Greek Chicken Skewers

Nutritional Facts	
Serving Size 1 Skewer (75) g	
Amount Per Serving	
Calories 90	Calories From Fat 20
% Daily Value *	
Total Fat 2.5g	4%
Saturated Fat 0.0g	0%
Trans Fat 0.0g	
Cholesterol 55.0mg	18%
Sodium 45.0mg	2%
Total Carbohydrate 0.0g	0%
Dietary Fiber 0.0g	0%
Sugars 0.0g	
Protein 17.0g	
Vitamin A 0%	Vitamin C 2%
Calcium 0%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients: CHICK Breast, BNLS,SKNLS,Raw,Random,MED, Olive Oil, Water, Fresh Oregano Leaves, Table Ground Black Pepper, Fresh Italian Parsley Leaves, Fresh Garlic, Fennel Seed, True Lemon Juice Mix Crystals, Salt

Contains: No allergens

Sodexo, Inc

Chicken Pot Pie

Nutritional Facts	
Serving Size 8 oz Spd w/crust (313) g	
Amount Per Serving	
Calories 380	Calories From Fat 170
% Daily Value *	
Total Fat 19.0g	29%
Saturated Fat 9.0g	45%
Trans Fat 0.0g	
Cholesterol 60.0mg	20%
Sodium 310.0mg	13%
Total Carbohydrate 26.0g	9%
Dietary Fiber 3.0g	12%
Sugars 3.0g	
Protein 25.0g	
Vitamin A 60%	Vitamin C 10%
Calcium 2%	Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients: Water, Diced Mixed Natural Proportion Chicken, Peeled, Diced 1/4" Potatoes, 10"x15" Puff Pastry Sheet, All-Purpose Flour, Margarine, Fresh Mushrooms, Green Peas, Frozen, Sliced Carrots, Frozen, Low Sodium Chicken Base, No MSG, Cooking Sherry, Garlic Powder, Ground White Pepper, Onion Powder

Contains: milk, wheat, soy bean, gluten

Sodexo, Inc

Nutritional Facts - Sides

Bandito Beans

Nutritional Facts	
Serving Size 4 oz (113 g)	
Amount Per Serving	Calories From Fat 15
Calories 150	% Daily Value *
Total Fat 1.5g	2%
Saturated Fat 0.0g	0%
Trans Fat 0.0g	
Cholesterol 0.0mg	0%
Sodium 40.0mg	2%
Total Carbohydrate 26.0g	9%
Dietary Fiber 7.0g	28%
Sugars 2.0g	
Protein 9.0g	
Vitamin A 8%	Vitamin C 18%
Calcium 6%	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients: Water, Pinto Beans, Dried, Diced Tomatoes, Canned, Fresh Yellow Onions, Fresh Green Peppers, Fresh Whole Clove Peeled Garlic, Ancho Chili Powder, Olive Oil

Contains: No allergens

Sodexo, Inc

Greek Roasted Potatoes

Nutritional Facts	
Serving Size 5 oz (142 g)	
Amount Per Serving	Calories From Fat 70
Calories 160	% Daily Value *
Total Fat 8.0g	12%
Saturated Fat 1.0g	5%
Trans Fat 0.0g	
Cholesterol 0.0mg	0%
Sodium 500.0mg	21%
Total Carbohydrate 26.0g	9%
Dietary Fiber 2.0g	8%
Sugars 1.0g	
Protein 2.0g	
Vitamin A 0%	Vitamin C 20%
Calcium 0%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients: 100ct Baking Potatoes, Fresh Lemon Juice, Olive Oil, Kosher Salt, Fresh Garlic, Ground Black Pepper (HC), Oregano Leaves, Dried

Contains: No allergens

Sodexo, Inc

Corn

Nutritional Facts	
Serving Size 4 oz Spoonful (93 g)	
Amount Per Serving	Calories From Fat 5
Calories 70	% Daily Value *
Total Fat 0.5g	1%
Saturated Fat 0.0g	0%
Trans Fat 0.0g	
Cholesterol 0.0mg	0%
Sodium 0.0mg	0%
Total Carbohydrate 18.0g	6%
Dietary Fiber 2.0g	8%
Sugars 3.0g	
Protein 2.0g	
Vitamin A 4%	Vitamin C 6%
Calcium 0%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients: Frozen Corn, Water, Ground White Pepper

Contains: No allergens

Sodexo, Inc

Chocolate chip Cookies

Nutritional Facts	
Serving Size 2 Cookies (70 g)	
Amount Per Serving	Calories From Fat 140
Calories 360	% Daily Value *
Total Fat 15.0g	23%
Saturated Fat 8.0g	40%
Trans Fat 0.0g	
Cholesterol 25.0mg	8%
Sodium 250.0mg	10%
Total Carbohydrate 47.0g	16%
Dietary Fiber 2.0g	8%
Sugars 29.0g	
Protein 3.0g	
Vitamin A 10%	Vitamin C 0%
Calcium 0%	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients: Chocolate Chip Cookie

Contains: milk, eggs, wheat, soy bean, gluten

Sodexo, Inc

Greek Side Salad

Nutritional Facts	
Serving Size 1 Salad (129 g)	
Amount Per Serving	Calories From Fat 35
Calories 80	% Daily Value *
Total Fat 4.0g	6%
Saturated Fat 1.0g	5%
Trans Fat 0.0g	
Cholesterol Less than 5 mg	0%
Sodium 310.0mg	13%
Total Carbohydrate 10.0g	3%
Dietary Fiber 2.0g	8%
Sugars 7.0g	
Protein 2.0g	
Vitamin A 110%	Vitamin C 20%
Calcium 8%	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients: Fresh Spinach, Red Grape Tomatoes, Romaine Lettuce, Low Fat Balsamic Vinaigrette, Sliced Black Olives, Feta Cheese

Contains: milk, soy bean, mustard

Sodexo, Inc

Mashed Potatoes

Nutritional Facts	
Serving Size 5 oz (142 g)	
Amount Per Serving	Calories From Fat 70
Calories 180	% Daily Value *
Total Fat 8.0g	12%
Saturated Fat 4.0g	20%
Trans Fat 0.0g	
Cholesterol 0.0mg	0%
Sodium 270.0mg	11%
Total Carbohydrate 25.0g	8%
Dietary Fiber 2.0g	8%
Sugars 2.0g	
Protein 2.0g	
Vitamin A 8%	Vitamin C 15%
Calcium 2%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients: 90ct Idaho Baking Potatoes, Whole Milk, Margarine, Kosher Salt, Ground White Pepper

Contains: milk, soy bean

Sodexo, Inc

Hummus and Pita

Nutritional Facts	
Serving Size 4 oz Hummus+1 Pita (155 g)	
Amount Per Serving	Calories From Fat 170
Calories 360	% Daily Value *
Total Fat 19.0g	29%
Saturated Fat 2.0g	10%
Trans Fat 0.0g	
Cholesterol 0.0mg	0%
Sodium 690.0mg	29%
Total Carbohydrate 39.0g	13%
Dietary Fiber 4.0g	16%
Sugars 5.0g	
Protein 11.0g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients: Hummus, 6" Greek Style White Pita Bread

Contains: milk, wheat, soy bean, gluten

Sodexo, Inc

Chocolate chip Cookies

Nutritional Facts	
Serving Size 2 Cookies (70 g)	
Amount Per Serving	Calories From Fat 140
Calories 360	% Daily Value *
Total Fat 15.0g	23%
Saturated Fat 8.0g	40%
Trans Fat 0.0g	
Cholesterol 25.0mg	8%
Sodium 250.0mg	10%
Total Carbohydrate 47.0g	16%
Dietary Fiber 2.0g	8%
Sugars 29.0g	
Protein 3.0g	
Vitamin A 10%	Vitamin C 0%
Calcium 0%	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients: Chocolate Chip Cookie

Contains: milk, eggs, wheat, soy bean, gluten

Sodexo, Inc



WAKE FOREST BAPTIST MEDICAL CENTER EMPLOYEES

'Look for the Mindful Symbol!!



Week of November 20th, 2017

This Weeks Soups (Mindful Highlighted in GREEN)

Monday Spring Chicken Barley Cheeseburger Chowder Turkey & Black Bean Chili	Tuesday Beef & Barley Classic New England Clam Chowder White Bean Escarole	Wednesday Tuscan Minestrone Soup Turkey & Black Bean Chili Broccoli Cheddar Cheese	
Thursday Loaded Baked Potato Chowder Italian Wedding	Friday Chicken Paprikash Tomato Florentine Turkey & Black Bean Chili	Saturday Chicken Noodle / Tomato Sunday Turkey Chili / Cream of Potato	
Mindful Green Nutrient Criteria Soups (8 oz. size)	Calories < 225 35% kcals	Total Fat < Saturated Fat < 10% kcals	Trans Fats = 0 g Cholesterol < 25 mg Sodium < 500 mg

Entrée Station (Mindful Highlighted in GREEN)

Monday BBQ Nation Texas BBQ Beef Brisket Kansas City BBQ Chicken Santa Maria Roast Salmon Black Eye Peas Macaroni & Cheese Baked Potato Hush Puppies	Tuesday Taco Tuesday NOW SERVED FROM THE ENTRÉE LINE	Wednesday BBQ Nation Texas BBQ Beef Brisket Kansas City BBQ Chicken Santa Maria Roast Salmon Black Eye Peas Macaroni & Cheese Baked Potato Hush Puppies	
Thursday Street Market Rotisserie Chicken Maple Glazed Roast Pork Loin NOW SERVED FROM THE ENTRÉE LINE	Friday BBQ Nation Texas BBQ Beef Brisket Kansas City BBQ Chicken Santa Maria Roast Salmon Black Eye Peas Macaroni & Cheese Baked Potato Hush Puppies	Saturday Turkey Tetrazzini Herbed Pork Chop Oven Roasted Potato Wedges Fresh Carrots w/Dill Asparagus Cuts Apple Fruit Crisp	
Sunday Southern Fried Chicken Tuscan Herb Tilapia Mashed Potatoes French Fried Breaded Okra Green Beans Apple Crisp	We hope these moves will help with wait times!		
Mindful Green Nutrient Criteria Entrée's	Calories < 500 35% kcals	Total Fat < Saturated Fat < 10% kcals	Trans Fats = 0 g Cholesterol < 100 mg Sodium < 600 mg



Mindful Entrée Station



Monday: Chinese Tofu, Grilled Chicken Breast, Citrus & Herb Crusted Salmon & Sesame Pork Cutlets

Broccoli Floret, Red Pepper, Mushrooms, Roasted Corn, Cherry Tomatoes, Ginger Carrots, Eggplant, Bok Choy, Mexican Rice, Thai Fried Rice, Tri-Colored Quinoa, Confetti Couscous

Tuesday: Mexican Tex - Cajun Salmon, Grilled Tofu & Cajun Chicken Breast

Jicama, Red Onions, Cucumbers, Shredded Green Cabbage, Diced Tomatoes, Jalapeno Peppers, Mango & Black Bean Salsa, Fire Roasted Tomato Salsa, Pico De Gallo

Wednesday: Cajun Salmon, Extra Firm Tofu, Grilled Chicken Breast

Broccoli Floret, Red Pepper, Mushrooms, Roasted Corn, Cherry Tomatoes, Ginger Carrots, Eggplant, Bok Choy, Mexican Rice, Thai Fried Rice, Tri-Colored Quinoa, Confetti Couscous

Thursday: Mexican Tex - Cajun Salmon, Grilled Tofu & Cajun Chicken Breast

Jicama, Red Onions, Cucumbers, Shredded Green Cabbage, Diced Tomatoes, Jalapeno Peppers, Mango & Black Bean Salsa, Fire Roasted Tomato Salsa, Pico De Gallo



Friday: Cajun Salmon, Grilled Tofu & Sesame Pork Cutlets & 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

Mindful Pizza Station



Cheese Pizza
Pepperoni Pizza
Chicken Pot Pie
Steak & Roasted Vegetable Pizza
Chicken Zucchini Pizzetta



Weekly Grill/Sides

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



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

"Chicken Station"

Available in choice of Fried or Grilled
 Specials include chicken, choice of side and a biscuit

Specials

2 pc White (Breast, Wing)
 2 pc Dark (Thigh, Leg)

~~~OR~~~

3 pc White (Breast and 2 Wings)  
 3 pc Dark (Thigh and 2 Legs)  
 Wings  
 8 or 12 pc Buffalo Chicken Bites  
 Caesar Salad with Chicken

Various Side Choices Weekly

All items on Chicken Station are  
 available A La Carte`

## ACTION STATION (MONTH OF NOVEMBER)

PEKING PLATE

*Wonders of the WEEK!*

## Specialty Bar

(NOW SERVED AT GRILL)

|           |                                   |                               |
|-----------|-----------------------------------|-------------------------------|
| MONDAY    | Catfish, Chicken or Shrimp Po Boy |                               |
| TUESDAY   | Taco Tuesday                      | (At Favorites/Entree Station) |
| WEDNESDAY | Footlong Hot Dogs w/ chips        |                               |
| THURSDAY  | Thanksgiving Dinner               |                               |
| FRIDAY    | Nachos Supreme                    |                               |
| SATURDAY  | Wing Bar                          |                               |
| SUNDAY    | Nachos Supreme                    |                               |