

Ardmore Café Menu/Take Home Meals

Week of April 23, 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 Sliced Carrots Dinner Rolls Peach Cobbler	Grilled Chicken Parmesan Caesar Salad Broccoli Florets Garlic Bread Peach Cobbler
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WAKE FOREST BAPTIST MEDICAL CENTER EMPLOYEES

Look for the **Mindful** Symbol!!



Week of April 23, 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 Steak & Potato 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% kcals	Total Fat < Saturated Fat < 10% kcals	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 Cod Veracruz 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 Talapia Melanese Herb Roasted Pork Loin w/ pan gravy Chicken Parmesan Linguini w/ Parsley Roasted Fringingling Potatoes Garlic Roast Green Beans Ratatouille Apple Glazed Carrots
Friday House Smoked Beef Brisket Shrimp Diablo Greek Chicken Skewer Tomato Cucumber Relish Steamed Basmati Rice Green Beans Baja Roasted Vegetables Baked Beans	Friday Shepards Pie Citrus & Herb Crusted Cod Winter Squash & Potobello Primavera Sautéed Green Beans Simply Roasted Beets Steamed Fresh Carrots	Saturday Roasted Apple Stuffed Pork Loin Herb Roasted Chicken Breast Gratin Potatoes Honey Mustard Glazed Brussel Sprouts Roasted Corn w/ Caramelized Onions

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

Monday: Rosemary Garlic Chicken Breast, Santa Maria Roast Salmon, Roasted Sesame Ginger Tofu
Kale, Red Pepper, Carrots, Mushrooms, Spaghetti Squash, Red Beets, Swill Chard, Romaine, French Green Beans, Red Onions, Red Potatoes, Fresh Herbs, Confetti Couscous, Brown Rice, Rotini Noodles Whole Wheat.

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: Korean Grilled Chicken, Korean Grilled Pork Loin, Steamed Shrimp, Tofu

Green Onions, Carrots Snow Pea Pods, Broccoli Florets, Fresh Red Peppers, Yellow Onions, Fresh Japanese Eggplant, Napa Cabbage, Cellophane Noodles, Soba Noodles

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: Grilled Chicken Breast, Citrus Herb Salmon, Extra Firm Tofu

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, Confetti Couscous

NEW!! CHICKEN STATION NEW!!

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

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

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 Pd Boy	
THURSDAY	Boston Market/ Chicken-Pit Ham	
FRIDAY	Fish Sandwich Choice w/ Chips	
SATURDAY	Nachos Supreme	
SUNDAY	Baked Potato Station	