

Ardmore Café Menu/Take Home Meals

Week of February 12th, 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)

Carved Smoked Pit Ham

Sweet Potato Casserole
Broccoli Florets
Dinner Rolls
Apple Crisp

Greek Chicken Skewers

Greek Roasted Potatoes
Greek Side Salad
Hummus & Pita
Chocolate Chip Cookies

Chicken Pot Pie

Green Beans
Carrots
Dinner Rolls
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, white, 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 180	% 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 February 12th, 2018

This Weeks Soups (Mindful Highlighted in GREEN)

Monday

Tuscan Minestrone
Loaded Baked Potato
Turkey & Black Bean Chili

Tuesday

Vegetable Chili
Mexican Meatball
Creamy Chicken

Wednesday

Turkey & Black Bean Chili
Skinny Potato Leek
Tomato Rice

Thursday

Seafood Bisque
Autumn Vegetable
Lentil soup w/ Italian Sausage

Friday

Beef, Barley & Onion
Waterzooi - Belgian Cream of chicken
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

Sodium < 500 mg

Cholesterol < 25 mg

Entrée Station (Mindful Highlighted in GREEN)

Monday

Roast Beef w/ Rosemary Chimichurri
Chicken Andouille & Okra Gumbo
Baked Sweet Potatoes
Steakhouse spinach
Farmer Mkt Veggie Medley
Steamed Broccoli and Red Peppers
Rosemary Chimichurri Sauce

Tuesday

Braised Pot Roast
Southern Fried Chicken
Talapia Milanese
Mashed Potatoes
Parmesan Crusted cauliflower
Roasted Zucchini
Glazed fresh Carrot
Chicken Gravy

Wednesday

Feta Stuffed Eggplant
Roasted Red Pepper Coulis
Maple Glazed Pork Loin
Apricot Glazed Raosted Turkey
Whipped Sweet Potatoes
Steamed Beets
Steamed Broccoli & Cauliflower
Glazed Brussel Sprouts

Thursday

Street Market
Rotisserie Chicken
Roast Beef Eye of Round

NOW SERVED FROM THE
ENTRÉE LINE

Friday

Catfish w/ Lemon Butter Okra stew
Pork Scaloppine w/ Mushroom Ragout
Grilled Vegetable Stack
Low Sodium Tumeric Rice
Green Beans w/ toasted almonds
Herb Roasted Carrots
Smokey Greens

Saturday

Pub Style Fish & Chips
Chicken Cacciatore
Mac & Cheese
Saute Spinach
Sauteed Zucchini
Corn on the cob

Sunday

Southern Fried Chicken
Turkey Meatloaf
Brown Gravy
Smaashed Potatoes
Steamed Broccoli Crowns
Roasted Yellow Squash
French Fried Breaded Okra

**Mindful Green Nutrient
Criteria Entrée's**

=

Calories < 500
35% kcals

Total Fat <
Saturated Fat < 10% kcals

Trans Fats = 0 g

Sodium < 600 mg

Cholesterol < 100 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
Roast Vegetable
Steak & Roasted Vegetable Pizza



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 (MONTH OF FEBRUARY)

MARINARA

CHOICE OF PASTA, PROTIEN, VEGGIES & SAUCES

Specialty Bar

(NOW SERVED AT GRILL)

MONDAY	Catfish, Chicken or Shrimp Po Boy		
TUESDAY	Sausage Bar		
WEDNESDAY	Wing Bar		
THURSDAY	Spaghetti or Chicken Broccoli alfredo		
FRIDAY	Fried Chicken		
SATURDAY	Wing Bar		
SUNDAY	Nachos Supreme		