

Womack's Blue Ribbon Bistro Menu Week III

Sunday 12 August 2012	Monday 13 August 2012	Tuesday 14 August 2012	Wednesday 15 August 2012	Thursday 16 August 2012	Friday 17 August 2012	Saturday 18 August 2012
BREAKFAST Monday thru Friday: 0600-0900, Continental Breakfast (limited menu availability) 0900-1000 Weekends & Holidays: 0600-0800, Self Service Bar 0800-0900 (limited menu availability) 0800-0900 <i>Eggs, Omelets, Hash Browns, Pancakes, Sausage, Bacon, Biscuits, Toast, Bagels, English Muffins, Grits, Oatmeal, Fresh Fruits, Yogurt, and Assorted Cold Cereals offered daily</i>						
LUNCH Monday thru Friday: 1100-1400 (Short Order, Main line closes at 1330; Salad Bar, Specialty Bar, and Sandwich Bar Available until 1400) Weekends & Holidays: 1100-1300 (No Sandwich or Specialty Bars)						
	Zesty Pasta Salad (\$0.20/oz) Potato Soup \$1.75/12oz	Citrus Fruit Salad (\$0.20/oz) Chicken Corn Chowder \$1.75/12oz	Pistachio Parfait (\$0.20/oz) Chicken Tortilla Soup \$1.75/12oz	Sour Cream & Cheddar Macaroni Salad Chicken & Dumpling Soup \$1.75/12oz	Cole Slaw (\$0.20/oz) Lumberjack Soup \$1.75/12oz	
Roast Turkey.....\$1.80	Grilled Chicken Romano.....\$2.25	Baked Spaghetti.....\$1.50	Chicken Cordon Bleu.....\$3.00	Hamburger Yakisoba.....\$1.85	Baked Salmon Filet w/ Dill Sauce...\$4.55	Beef Stew.....\$2.45
Vegetable Lasagna.....\$2.50	Roast Beef w/ Gravy.....\$1.75	Chicken Fried Steak w/ Crm. Grvy...\$1.55	Meatloaf.....\$1.75	Oven Fried Chicken.....\$1.80	Liver & Onions.....\$1.40	Curry Chicken.....\$1.10
Cornbread Dressing.....\$0.55	Smoked Sausage w/ Red Beans.....\$1.45	Teriyaki Chicken.....\$2.00	Sausage w/ Sautéed Vegetables.....\$1.20	Sausage, Chkn. & Shrimp Gumbo...\$3.75	Roasted Cajun Pork Loin\$1.50	Steamed Rice.....\$0.55
Mashed Potatoes.....\$0.55	Steamed Rice.....\$0.55	Fried Rice.....\$0.55	Mashed Potatoes.....\$0.55	Mashed Potatoes.....\$0.55	Red Garlic Mashed Potatoes.....\$0.55	Carrots.....\$0.55
Broccoli.....\$0.55	Carrot Coins.....\$0.55	Mashed Potatoes.....\$0.55	Steamed Rice.....\$0.55	Steamed Rice.....\$0.55	Hearty Grains w/ Mushrooms.....\$1.05	Green Beans.....\$0.55
Malibu Blend Vegetables.....\$0.55	Mixed Vegetables.....\$0.55	Seasoned Greens.....\$0.55	Carrots.....\$0.55	Green Beans.....\$0.55	Spinach.....\$0.55	Egg Noodles.....\$0.55
Hot Roll.....\$0.25	Hot Roll.....\$0.25	Oriental Blend Vegetables.....\$0.55	Zucchini.....\$0.55	Fried Cabbage.....\$0.55	Cape Cod Blend Vegetables.....\$0.55	
Garlic Bread.....\$0.25	Cornbread.....\$0.25	Cornbread\$0.25	Cornbread.....\$0.25	Hot Roll.....\$0.25	Hot Roll.....\$0.25	
		Garlic Bread.....\$0.25	Hot Roll.....\$0.25	Cornbread.....\$0.25		
Specialty Items	Taste of the Orient Bar Pizza.....\$1.50-\$2.65 French Fried Potatoes \$0.75	Pasta Bar (\$0.15/oz) Reuben Sandwich.....\$2.15 French Fried Potatoes \$0.75	Fiesta Bar (\$0.20/oz) Pizza.....\$1.50-\$2.65 French Fried Potatoes \$0.75	Starter Bar BBQ Pork w/Slaw.....\$1.85 Sweet Potato Fries....\$0.75	Potato Bar (\$0.15/oz) Onion Rings.....\$0.75 Pizza.....\$1.50-\$2.65	
DINNER Served Daily 1600-1800						
Braised Beef Cubes.....\$1.70	Jalapeno Crusted Catfish.....\$3.55	Chicken Vega.....\$2.00	Breaded Cod Filet.....\$1.70	Baked Ham.....\$1.00	Baked Chicken.....\$1.70	Baked Spaghetti.....\$1.50
Grilled Chicken Breast.....\$2.10	Lasagna.....\$1.90	Corned Beef.....\$1.85	Pepper Steak.....\$2.60	Swiss Steak w/ Brown Gravy.....\$2.20	Grilled Pork Chop.....\$2.15	Hot Italian Sausage Sandwich.....\$2.00
Buttered Noodles.....\$0.55	Rice Pilaf.....\$0.55	Parsley Potatoes.....\$0.55	Steamed Rice.....\$0.55	Mashed Potatoes.....\$0.55	Oven Browned Potatoes.....\$0.55	Red Garlic Mashed Potatoes.....\$0.55
Vegetable Medley.....\$0.55	Green Beans.....\$0.55	Steamed Cabbage.....\$0.55	Noodles.....\$0.55	Vegetable Medley.....\$0.55	Tuscany Blend Vegetables.....\$0.55	Broccoli.....\$0.55
Seasoned Corn.....\$0.55	Mashed Potatoes.....\$0.55	Corn.....\$0.55	Spinach.....\$0.55	Cornbread.....\$0.25	Steamed Rice.....\$0.55	Garlic Bread.....\$0.25
	Brussels Sprouts.....\$0.55	Cornbread.....\$0.25	Yellow Squash.....\$0.55		Cornbread.....\$0.25	
	Garlic Bread/Cornbread.....\$0.25		Cornbread.....\$0.25			
DESSERTS Cookies (\$0.85), Soft Serve Frozen Yogurt Bar (priced by weight), Ice Cream Novelties (\$0.50-\$0.90)						
Apple Spice Cake.....\$1.10	Coconut Layer Cake.....\$1.10	Chocolate Layer Cake.....\$1.10	Lemon Layer Cake.....\$1.10	Carrot Layer Cake.....\$1.10	Chocolate Layer Cake.....\$1.10	Golden Cake w/ Choc. Frosting..\$1.10
Blueberry Pie.....\$1.20	Apple Pie.....\$1.20	Sweet Potato Pie.....\$1.20	Boston Cream Pie.....\$1.20	Lemon Meringue Pie.....\$1.20	Pecan Pie.....\$1.20	Coconut Cream Pie.....\$1.20

The menu & prices are subject to change without prior notice due to the availability of food items and IAW AR 40-3 Chapter 8

Follow the path to better health. Use the Go for Green system to guide your dining decisions. Green = Eat Often; Yellow = Eat Occasionally; Red = Eat Rarely

Let us know how we are doing! Customer Comment Cards are located on the wall upon entering the dining room as well as on the NCD intranet site.