

# Womack's Blue Ribbon Bistro Menu Week III

Sunday 14 October 2012	Monday 15 October 2012	Tuesday 16 October 2012	Wednesday 17 October 2012	Thursday 18 October 2012	Friday 19 October 2012	Saturday 20 October 2012
<b>BREAKFAST</b> 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>						
<b>LUNCH</b> 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)						
Roast Turkey.....\$1.80 Vegetable Lasagna.....\$2.50 Cornbread Dressing.....\$0.55 Mashed Potatoes.....\$0.55 Broccoli.....\$0.55 Malibu Blend Vegetables.....\$0.75 Hot Roll.....\$0.15 Garlic Bread.....\$0.30	Salad bar.....\$0.15/oz Cream of Broccoli w/3 Cheese Soup.....\$0.15/oz Chili.....\$0.15/oz Grilled Chicken Romano.....\$2.25 Roast Beef w/ Gravy.....\$1.60 Smoked Sausage w/ Red Beans.....\$1.40 Steamed Rice.....\$0.55 Carrot Coins.....\$0.55 Mixed Vegetables.....\$0.55 Hot Roll.....\$0.15 Cornbread.....\$0.30	Salad bar.....\$0.15/oz Chicken Corn Chowder.....\$0.15/oz Chili.....\$0.15/oz Baked Spaghetti.....\$1.45 Chicken Fried Steak w/Grm. Gryv.....\$1.55 Teriyaki Chicken.....\$2.00 Fried Rice.....\$0.55 Mashed Potatoes.....\$0.55 Seasoned Greens.....\$0.55 Oriental Blend Vegetables.....\$0.75 Garlic Bread/Cornbread.....\$0.30	Salad bar.....\$0.15/oz Chicken Tortilla Soup.....\$0.15/oz Chili.....\$0.15/oz Chicken Cordon Bleu.....\$3.00 Meatloaf.....\$1.60 Sausage w/ Sautéed Vegetables.....\$1.25 Mashed Potatoes.....\$0.55 Steamed Rice.....\$0.55 Carrots.....\$0.55 Zucchini.....\$0.55 Hot Roll.....\$0.15 Cornbread.....\$0.30	Salad bar.....\$0.15/oz Chicken & Dumpling Soup.....\$0.15/oz Chili.....\$0.15/oz Hamburger Yakisoba.....\$1.60 Oven Fried Chicken.....\$1.80 Sausage, Chkn. & Shrimp Gumbo..\$3.75 Mashed Potatoes.....\$0.55 Steamed Rice.....\$0.55 Green Beans.....\$0.55 Fried Cabbage.....\$0.55 Hot Roll.....\$0.15 Cornbread.....\$0.30	Salad bar.....\$0.15/oz Red Thai Style Curry Chicken Soup.....\$0.15/oz Chili.....\$0.15/oz Baked Salmon Filet w/ Dill Sauce...\$4.15 Liver & Onions.....\$1.40 Roasted Cajun Pork Loin .....\$1.65 Red Garlic Mashed Potatoes.....\$0.55 Hearty Grains w/ Mushrooms.....\$1.05 Spinach.....\$0.55 Cape Cod Blend Vegetables.....\$0.75 Hot Roll.....\$0.15	Beef Stew.....\$2.45 Curry Chicken.....\$1.15 Steamed Rice.....\$0.55 Carrots.....\$0.55 Green Beans.....\$0.55 Egg Noodles.....\$0.55
<b>Specialty Items</b>	Taste of the Orient Bar French Fried Potatoes.....\$0.75	Pasta Bar.....\$0.15/oz Reuben Sandwich.....\$2.15 French Fried Potatoes...\$0.75	Fiesta Bar.....\$0.20/oz French Fried Potatoes...\$0.75	Starter Bar BBQ Pork w/Slaw.....\$1.80 Sweet Potato Fries...\$0.75	Potato Bar.....\$0.20/oz Onion Rings.....\$0.75	
<b>DINNER</b> Served Daily 1600-1800						
Braised Beef Cubes.....\$1.75 Grilled Chicken Breast.....\$2.00 Buttered Noodles.....\$0.55 Vegetable Medley.....\$0.75 Seasoned Corn.....\$0.55	Jalapeno Crusted Catfish.....\$3.55 Lasagna.....\$1.90 Rice Pilaf.....\$0.55 Green Beans.....\$0.55 Mashed Potatoes.....\$0.55 Brussels Sprouts.....\$0.55 Garlic Bread/Cornbread.....\$0.30	Chicken Vega.....\$2.00 Corned Beef.....\$1.85 Parsley Potatoes.....\$0.55 Steamed Cabbage.....\$0.55 Corn.....\$0.55 Cornbread.....\$0.30	Breaded Cod Filet.....\$1.70 Pepper Steak.....\$2.60 Steamed Rice.....\$0.55 Noodles.....\$0.55 Spinach.....\$0.55 Yellow Squash.....\$0.55 Cornbread.....\$0.30	Baked Ham.....\$1.00 Swiss Steak w/ Brown Gravy.....\$2.25 Mashed Potatoes.....\$0.55 Vegetable Medley.....\$0.75 Cornbread.....\$0.30	Baked Chicken.....\$1.70 Grilled Pork Chop.....\$2.15 Oven Browned Potatoes.....\$0.55 Tuscany Blend Vegetables.....\$0.75 Steamed Rice.....\$0.55 Cornbread.....\$0.30	Baked Spaghetti.....\$1.45 Hot Italian Sausage Sandwich.....\$2.00 Red Garlic Mashed Potatoes.....\$0.55 Broccoli.....\$0.55 Garlic Bread.....\$0.30
<b>DESSERTS</b> Cookies (\$0.65), Soft Serve Frozen Yogurt Bar (\$0.20/oz), Ice Cream Novelties (\$0.45-\$0.95)						
Apple Spice Cake.....\$1.05 Blueberry Pie.....\$1.20	Coconut Layer Cake.....\$1.05 Apple Pie.....\$1.20	Chocolate Layer Cake.....\$1.05 Sweet Potato Pie.....\$1.20	Lemon Layer Cake.....\$1.05 Boston Cream Pie.....\$1.20	Carrot Layer Cake.....\$1.05 Lemon Meringue Pie.....\$1.20	Chocolate Layer Cake.....\$1.05 Pecan Pie.....\$1.20	Golden Cake w/ Choc. Frosting..\$1.05 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.