SUNDAY

Menus subject to change.

HOME

Dinner  Grilled Herb Marinated Flank Steak (GF), Honey Glazed Carrots (GF,V,M), Sautéed Zucchini & Tomatoes (V,GF), Roasted Spanish Style Potatoes (V,GF). [Calories 60-590]

VEGAN

Dinner  Portobello Poutine (W,S), Roasted Broccoli. [Calories 110-505]

GLUTEN SOLUTION

Dinner  Roasted BBQ Chicken (S), Rosemary Garlic Red Potatoes, BBQ Baked Beans (F), Sweet Corn Succotash. [Calories 80-790]

GRILL

Dinner  Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), Buffalo Chicken Nuggets (W,S), Shoestring Fries, Lettuce, Tomato, Onion, Pickle. [Calories 5-1505]

PIZZA

Lunch/Dinner  Cheese (M,W,S), Pepperoni (M,W,S), Veggie (M,W,S), Sausage (M,S,W,E). [Calories 290-360]

ACTION

Dinner  Stir Fry Bar. [Calories 25-960]

SOUPS

Dinner  Lentil (S) [Calories 200], Chicken Noodle (E,W) [Calories 100], Crackers.

W – Contains Wheat  S – Contains Soy  E – Contains Eggs
M – Contains Milk  P – Contains Peanuts  F – Contains Tree Nuts
SF – Contains Shellfish  SS – Contains Sesame  F – Contains Fish

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MONDAY

**HOME**

**Breakfast**
Croissant (M,W), English Muffin (W), White Bagel (W), Flour Tortilla (W), Egg Patty (M,E), Cheddar Cheese (M), Ham, Bacon, Sliced Tomato, Pepper Jack Slice (M), Spinach, Sausage Patty, Sausage Gravy (M,W), Biscuits (M,S,W,E). [Calories 9-1753]

**Lunch**
Barbacoa, Corn Mexican Street, Cilantro Lime White Rice, Calabacitas. [Calories 160-680]

**Dinner**
Maple Brined Pork Chop, Pumpkin Spiced Sweet Potato, Roasted Cauliflower, Sautéed Vegetables. [Calories 140-990]

**ROUND GRILL**

**Breakfast**

**Lunch/Dinner**
All Beef Hot Dog, Vegan Hot Dog (W), Turkey Chili, Sausage, Diced Yellow Onions, Cheese Sauce (M), Hotdog Bun (W,S), Grain Mustard, Pickle Relish, Pickled Jalapeno, Diced Bacon, Sliced Scallions, Chips, Coleslaw, Potato Salad (E,S). [Calories 10-1595]

**VEGAN**

**Breakfast**
Vegan Breakfast Burrito (W), Vegan Sausage Patty, Sweet Potato Tofu Hash. [Calories 100-860]

**Lunch**
Lentil Falafel Bowl (SS), Fassolakia Lathera Greek Green Beans. [Calories 70-460]

**Dinner**
Texas Mushroom Chili, Jasmine Rice, Spiced Green Beans, Butternut Squash Succotash. [Calories 35-665]

**GLUTEN SOLUTION**

**Breakfast**
Scrambled Eggs (E), Bacon, Turkey Sausage Link, Shredded Hash Browns. [Calories 60-680]

**Lunch**
Grilled Marinated Chicken Breast (S), Herb Roasted Potatoes, Corn, Gluten Free Gravy. [Calories 5-335]

**Dinner**
Taco Seasoned Ground Turkey, Mexican Rice (S), Pineapple Salsa, Mexican Street Corn (M), Lime Crema. [Calories 40-635]

**GRILL**

**Lunch**
Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), Chicken Bacon Ranch Sandwich (E,M,W), Sweet Potato Fries, Lettuce, Tomato, Onion, Pickle. [Calories 5-2095]

**Dinner**
Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (M,W,S), Bacon Cheese Burger (S,W), Sweet Potato Fries, Lettuce, Tomato, Onion, Pickle. [Calories 5-2480]

**PIZZA**

**Lunch/Dinner**
Cheese (M,W,S), Pepperoni (M,W,S), Veggie (M,W,S), BBQ Chicken (M,W,S). [Calories 290-1240]

**SOUPS**

**Lunch**
- Broccoli Cheese (M) [Calories 310], Caribbean Jerk Chicken (T-Coconut) [Calories 200].

**Dinner**
- Split Pea [Calories 80], Turkey Chili [Calories 210], Crackers.

**ACTION**

**Breakfast**
Gourmet Burger Bar. [Calories 5-1175]

**Lunch/Dinner**
Gourmet Burger Bar. [Calories 5-1175]
TUESDAY

Menus subject to change.

HOME

Breakfast  Croissant (M,W), English Muffin (W), White Bagel (W), Flour Tortilla (W), Egg Patty (M,E), Cheddar Cheese (M), Ham, Bacon, Sliced Tomato, Pepper Jack Slice (Ml), Spinach, Sausage Patty, Sausage Gravy (M,W), Biscuits (M,S,W,E). [Calories 3-1753]
Lunch  Grilled Jerk Chicken Thighs (S), Salty Plantsains, Jasmine Rice, Steamed Spiced Brocolli, Pineapple Salsa. [Calories 20-730]
Dinner  Maple Walnut Crusted Salmon (F,T), Quinoa Blend (S), Roasted Asparagus, Mediterranean Roasted Vegetables. [Calories 140-1190]

ROUND GRILL

Lunch/Dinner  Tortilla (M), Corn Tortilla, Cilantro Lime Rice, Mexican Rice (S), Taco Seasoned Tofu, Taco Seasoned Ground Turkey, Beef Barbacoa (W), Fajita Chicken, Black Beans, Refried beans, Shredded lettuce, Shredded Cheddar(M), Cheese Sauce (M), Salsa, Sour Cream (M), Diced Tomato. [Calories 5-1725]

VEGAN

Breakfast  Vegan Breakfast Sandwich(W,S), Vegan Sausage Patty, Tofu Scramble Pepper & Onion. [Calories 100-670]
Lunch  Mushroom Street Tacos (S,T), Corn Tortilla, Diced Tomato, Steamed Coconut Rice (T), Black Beans, Vegan Mozzarella Cheese. [Calories 50-615]
Dinner  Lentil Sloppy Joe's (W), French Fries (S), Corn. [Calories 70-492]

GLUTEN SOLUTION

Breakfast  Scrambled Eggs (E), Bacon, Turkey Sausage Link, Shredded Hash Browns. [Calories 60-680]
Lunch  Pot Roast, Blanched Green Beans, Roasted Potatoes with Lemon Vinaigrette, Peas & Carrots. [Calories 40-460]
Dinner  Sweet and Sour Pork (S), Brown Rice Vegetable, Brooclii Garic Stir Fry. [Calories 140-910]

GRILL

Breakfast  Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (M,S,W), Corn Dog (W,S,E), House Made Chips, Lettuce, Tomato, Onion, Pickle. [Calories 5-2320]
Lunch  Grilled Marinated Chicken Sandwich (M,S,W), Turkey burger (S), Grilled Cheese Sandwich (M,W,S), Pastrami with Swiss (M,S,W,SS), House Made Chips, Lettuce, Tomato, Onion, Pickle. [Calories 5-1985]

PIZZA


SOUPS

Lunch  Sweet Potato Chipotle (SS) [Calories 150], Clam Chowder (M,S) [Calories 340].
Dinner  Garden Vegetable [Calories 100], Chicken Tortilla [Calories 110], Crackers.

ACTION

Breakfast  Egg Scramble Bar. [Calories 5-530]
Lunch/Dinner  Pasta Bar. [Calories 5-1,815]
### WEDNESDAY

#### Menus subject to change.

### HOME

**Breakfast**  
Croissant (M,W), English Muffin (W), White Bagel (W), Flour Tortilla (W), Egg Patty (M,E), Cheddar Cheese (M), Ham, Bacon, Sliced Tomato, Pepper Jack Slice (M), Spinach, Sausage Patty, Sausage Gravy (M,W), Biscuits (M,S,W,E). [Calories 3-1753]  
**Lunch**  
Kalua Pork, Rice, Coconut Steamed (T), Stir Fry Vegetables (S), Ginger Bok Choy (S,SS). [Calories 120-660]  
**Dinner**  
Beef Bolognese Sauce, Penne Pasta (W), Spiced Green Beans, Roasted Garlic Broccolini.  
[Calories 35-425]

### ROUND GRILL

**Breakfast**  
**Lunch/Dinner**  
Wing Bar; Wings, Cauliflower Wings (M,S,W,E), Hot Sauce, Mild Sauce (M), Sweet Chili Sauce (S), BBQ Sauce, Celery Sticks, Baby Carrots, Ranch Dressing (M,S,E), Blue Cheese (M,E), Potato Salad (E), House Made Chips. [Calories 10-1110]

### VEGAN

**Breakfast**  
Vegan Banana Pancakes (W,S), Vegan Sausage Patty, Tofu Scramble Pepper & Onion. [Calories 100-500]  
**Lunch**  
Bibimbap Bowl (W,S,SS). [Calories 1035]  
**Dinner**  
Penne Pasta (W), Marinara, Mediterranean Roasted Vegetables, Vegan Chicken(S). [Calories 30-460]

### GLUTEN SOLUTION

**Breakfast**  
Scrambled Eggs (E), Pork Bacon, Turkey Sausage Patty, Spiced Diced Potato. [Calories 60-475]  
**Lunch**  
Blackened Cod (F), Spinach & Mushrooms (S), Roasted Yellow Squash and Zucchini, Potato Salad (S). [Calories 60-780]  
**Dinner**  
Roasted Orange Balsamic Chicken (S), Classic Green Bean Casserole (M), Buttermilk Mashed Yukon Potatoes (M), Ginger Snap Pea. [Calories 80-950]

### GRILL

**Lunch**  
Fried Chicken Sandwich (S,W), Turkey Burger(S), Grilled Cheese Sandwich (M,W,S), Chicken Parmesan Sandwich (M,S,W), Waffle Fries, Lettuce, Tomato, Onion, Pickle. [Calories 5-2125]  
**Dinner**  
Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (M,W,S), BBQ Chicken Nuggets (M,S,W), Waffle Fries, Lettuce, Tomato, Onion, Pickle. [Calories 5-2330]

### PIZZA

**Lunch/Dinner**  

### SOUPS

**Lunch**  
Vegetarian Chili [Calories 180], Italian Wedding (S, M,W) [Calories 100].  
**Dinner**  
Jerk Chicken (T-Coconut) [Calories 200], Carrot Ginger (S,SS) [Calories 110], Crackers.

### ACTION

**Breakfast**  
Made to Order Omelet Bar. [Calories 5-530]  
**Lunch/Dinner**  
Philly Cheesesteak Bar. [Calories 5-1280]

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**W – Contains Wheat**  
**M – Contains Milk**  
**SF – Contains Shellfish**  
**S – Contains Soy**  
**P – Contains Peanuts**  
**SS – Contains Sesame**  
**E – Contains Eggs**  
**T – Contains Tree Nuts**  
**F – Contains Fish**
THURSDAY

Menus subject to change.

HOME

Breakfast Croissant (M,W), English Muffin (W), White Bagel (W), Flour Tortilla (W), Egg Patty (M,E), Cheddar Cheese (M), Ham, Bacon, Sliced Tomato, Pepper Jack Slice (M), Spinach, Sausage Patty, Sausage Gravy (M,W), Biscuits (M,S,W,E). [Calories 3-1753]

Lunch Cider Brined Turkey Breast(S), Yams with Oak Crumble (W,M,S), Green Bean Casserole (M), Creamed Spinach (M). [Calories 115-775]

Dinner Moroccan Spice Roasted Chicken, Lentil and Chickpea Cuscous (M), Ginger Snap Peas, Cauliflower with Turmeric & Raisins. [Calories 80-820]

ROUND GRILL

Breakfast Scrambled Eggs (E,V,GF), Turkey Bacon, Turkey Sausage Patty, Triangle Hash Browns, Sausage Gravy (M, W), Biscuits (E, W, S, M), French Toast (E, W, S, M, V), Plain Pancake (E, W, S, M, V), Blueberry Pancake (E, W, S, M, V), Chocolate Chip Pancake (E, W, S, M, V). [Calories 60-1,580]

Lunch/Dinner Stir Fry Bar; Spiced Chicken (SS), Spiced Pork (SS), Spiced Tofu (SS, S), Spiced Beef (SS), Brown Rice (VG), Lo Mein Noodles, Sweet and Sour Sauce (S), Teriyaki Sauce (S), Sweet Chili Sauce (S, S), Stir Fry Sauce (S), Stir Fry Vegetables (S, VG, GF), Sesame Seed Blend (SS), Fortune Cookie (E, W, S), Soy Sauce (S). [Calories 20–2,590]

VEGAN

Breakfast Vegan Breakfast Burrito (W), Vegan Sausage Patty, Sweet Potato Tofu Hash. [Calories 100-860]

Lunch Vegetable Yakisoba (W,S), Vegan Teriyaki Chicken (S), Ginger Bok Choy (S,SS), Roasted Mushrooms. [Calories 40-1280]

Dinner Hum-Hull Tofu (S), Fried Rice (S), Seasoned Vegetables Stir Fry (S), Roasted Broccoli. [Calories 110-560]

GLUTEN SOLUTION

Breakfast Scrambled Eggs (E), Turkey Bacon, Sausage Patty, Triangle Hash Browns (S). [Calories 60-610]

Lunch Bolognese Beef Sauce, Lentil Herb Pasta, Steamed Broccoli, Jerk Green Beans. [Calories 40-1280]

Dinner Honey Garlic Glaze Pork Loin (S), Sweet Potato, Roasted Asparagus,Rosemary Roasted Cauliflower. [Calories 130-800]

GRILL

Lunch Grilled Marinated Chicken Sandwich (M,S,W), Hamburger, Grilled Cheese Sandwich (M,W,S), Nacho Cheese Grilled Cheese (W,M,S), Curly Fries (W,S), Lettuce, Tomato, Onion, Pickle. [Calories 5-2720]

Dinner Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), Turkey Burger with Pepper Jack (S,W,M), Curly Fries (W,S), Lettuce, Tomato, Onion, Pickle. [Calories 5-1615]

PIZZA

Lunch/Dinner Cheese (M,W,S), Pepperoni (M,W,S), Veggie (M,W,S), Margarita Pizza (M,W). [Calories 290-1120]

SOUPS

Lunch Garden Veggie [Calories 200], Loaded Potato w/Bacon (M) [Calories 280].

Dinner Clam Chowder (M,S) [Calories 340], Carrot Ginger (S,SS) [Calories 110], Crackers.

ACTION

Breakfast Tater Tot Bar. [Calories 5-1065]

Lunch/Dinner Tandoori Bar.[Calories 5-870]
Menus subject to change.

FRIDAY

HOME

Breakfast
- Croissant (M,W), English Muffin (W), White Bagel (W), Flour Tortilla (W), Egg Patty (M,S), Cheddar Cheese (M), Ham, Bacon, Sliced Tomato, Pepper Jack Slice (M), Spinach, Sausage Patty, Sausage Gravy (M,W), Biscuits (M,S,W,E). [Calories 3-1753]

Lunch
- Beer Battered Cod (W,F), Potato Wedges (W), Peas & Carrots, House Tartar Sauce. [Calories 40-630]

ROUND GRILL

Breakfast
- Scrambled Eggs (E,V,GF), Bacon, Turkey Sausage Link, Shredded Hash Browns, Sausage Gravy (M,W), Biscuits (E,W,S,M), French Toast (E,W,S,M, V), Plain Pancake (E,W,S,M, V), Blueberry Pancake (E,W,S,M, V), Chocolate Chip Pancake (E,W,S,M, V). [Calories 100-1870]

Lunch
- Mac & Cheese Bar; Mac & Cheese (M,S,W), Vegan Mac & Cheese (W,VG), Chicken Nugget (W), Bacon Bits, Pulled Pork (GF), Blue Cheese (M), Bread crumbs (M,W,V), Broccoli (VG), Cauliflower, Peppers & Onions, Tomatoes (VG,GF), BBQ Sauce, Hot Sauce, Ranch Dressing, Shredded Cheese (M). [Calories 5-1900]

VEGAN

Breakfast
- Vegan Breakfast Sandwich (W,S), Vegan Sausage Patty, Tofu Scramble Pepper & Onion. [Calories 100-670]

Lunch
- Stuffed Mushroom (T), Mashed Sweet Potatoes (T), Cauliflower Stuffing, Sauteed Zucchini & Tomatoes. [Calories 60-1015]

GLUTEN SOLUTION

Breakfast
- Scrambled Eggs (E), Bacon, Turkey Sausage Link, Shredded Hashbrowns. [Calories 60-680]

Lunch
- Citrus Bourbon Chicken, Seasoned Beans & Corn, Sour Cream (M), Whole Baked Potatoes, Diced Bacon Topping. [Calories 60-650]

GRILL

Lunch
- Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), Chicken Nuggets (W,S), Tater Tots (S), Lettuce, Tomato, Onion, Pickle. [Calories 5-1715]

PIZZA

Lunch
- Cheese (M,W,S), Pepperoni (M,W,S), Veggie (M,W,S), Buffalo Chicken Pizza (M,S,W). [Calories 290-1250]

SOUP

Lunch
- Tomato Feta (M) [Calories 130], Coconut Curry Chicken (T-Coconut), [Calories 190].

ACTION

Breakfast
- Egg Scramble Bar. [Calories 5-530]

Lunch
- Pierogi Bar. [Calories 5-555]

W – Contains Wheat M – Contains Milk SF – Contains Shellfish S – Contains Soy P – Contains Peanuts SS – Contains Sesame E – Contains Eggs T – Contains Tree Nuts F – Contains Fish

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