SUNDAY

Menus subject to change.

HOME

Dinner  Chicken Alfredo (W,M), Penne Pasta (V,W), Roasted Broccoli (VG,GF).
[Calories 25-1,120]

VEGAN

Dinner  Thai Coconut Curry; Thai Coconut Curry (S,T,Coconut), Jasmine Rice, Steam Spiced Snap Peas, Stir Fry Bok Choy (SS).
[Calories 40-385]

GLUTEN SOLUTION

Dinner  Cider Brined Turkey Breast, Garlic Blistered Green Beans, Mashed Sweet Potatoes (T,Coconut), Fire Roasted Peppers & Sweet Corn.
[Calories 80-930]

GRILL

Dinner  Grilled Marinated Chicken Sandwich (S,W,M), Hamburger (S), Grilled Cheese Sandwich (M,W,S), BBQ Pork Sandwich (W,S), Tater Tots (S), Lettuce, Tomato, Onion, Pickle.
[Calories 5-2,770]

PIZZA

[Calories 290-410]

SOUPS

Dinner  Chicken Noodle (E,W) [Calories 100], Vegetarian Chili [Calories 180], Crackers.

ACTION

Dinner  Pasta Bar. [Calories 5-1,815]

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

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## MONDAY

**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**
- Chicken Fried Orange (S,SS,W), Steamed Jasmine Rice, Chinese Style Green Beans, Ginger Bok Choy (S,SS), Egg Roll (S,W).

| Calories | 70-1140 |

**Dinner**
- Salmon Grilled Cream Tomato Herb Sauce (F,M), Rice Brown Lemon and Herb, Swiss Chard (T), Vegetable Roasted Mediterranean.

| Calories | 160-770 |

### ROUND GRILL

**Breakfast**
- Scrambled Eggs (E), Turkey Sausage Links, Shredded Hashbrowns, Bacon, Blueberry Pancake (E,W,S,M), Sausage Gravy (W,M), Biscuits (E,W,S,M), Plain Pancake (E,W,S,M), French Toast (E,W,S,M), Chocolate Chip Pancake (E,W,S,M).

| Calories | 80-1870 |

**Lunch/Dinner**
- Baked Potato Bar; Baked Potato, Baked Sweet Potato, BBQ Pork, Green Onions, Chili (S), Sour Cream (M), Cheddar Cheese (M), Cheese Sauce (M), Roasted broccoli, Roasted Cauliflower, Mini Mushrooms, Turkey Chili, Mediterranean Roasted Vegetable, Cinnamon Sugar, Caramel Sauce.

| Calories | 5-1990 |

### VEGAN

**Breakfast**
- Vegan Breakfast Sandwich (W,S), Vegan Sausage Patty, Tofu Scramble Pepper & Onion.

| Calories | 100-670 |

**Lunch**
- Taco Seasoned Tofu (S), Vegan Mozzarella Cheese, Rice Mexican (S), Calabacitas.

| Calories | 80-545 |

**Dinner**
- Vegan Shepard’s Pie, Roasted Brussel Sprouts, Sugar Snap Peas & Baby Carrots, Peas Spicy (S).

| Calories | 60-495 |

### GLUTEN SOLUTION

**Breakfast**
- Grilled Marinated Chicken Breast (S), Herb Roasted Potatoes, Corn, Gluten Free Gravy.

| Calories | 5-335 |

**Lunch**
- Grilled Marinated Chicken Sandwich (M,W,S), Hamburger (S), Herb Roasted Potatoes, Tomato, Onion, Pickle.

| Calories | 5-2,300 |

**Dinner**
- Pork al Pastor, Steamed Beans Green Spiced, Pineapple Salsa, Mexican Street Corn (M), Jasmine Rice.

| Calories | 50-765 |

### GRILL

**Breakfast**
- Egg Scramble Bar.

| Calories | 5-530 |

**Lunch/Dinner**
- Philly Cheesesteak Bar.

| Calories | 5-1280 |

### SOUPS

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

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

| Calories | 290-1,310 |

### ACTION

**Breakfast**
- Egg Scramble Bar.

| Calories | 5-530 |

**Lunch/Dinner**
- Philly Cheesesteak Bar.

| Calories | 5-1280 |

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W – Contains Wheat
S – Contains Soy
P – Contains Peanuts
F – Contains Fish
E – Contains Eggs
T – Contains Tree Nuts

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TUESDAY

HOME

**Breakfast**
- Croissant (M,W), English Muffin (W), White Bagel (W), Flour Tortilla (W), Egg Patty (M), Cheddar Cheese (M), Ham, Bacon, Sliced Tomato, Pepper Jack Slice (M), Spinach, Sausage Patty, Sausage Gravy (M,W), Biscuits (M,S,W,E). [Calories 3-1,753]

**Lunch**
- BBQ Pork, Creamy Macaroni and Cheese (W,M,S), Hamburger Bun (W), Baked Bourbon Lentils (S), Collard Greens. [Calories 25-1,185]

**Dinner**
- Turkey Breast Roasted Herb, Beans Green Spiced Steamed, Herbed Mashed Potatoes, Mushroom Gravy (S). [Calories 25-1,120]

ROUND GRILL

**Breakfast**

**Lunch/Dinner**
- Nacho Bar; Tortilla Chips, Cilantro Lime Rice, Mexican Rice (S), Taco Seasoned Tofu (S), Turkey Taco Meat, Beef Barbacoa (W), Fajita Chicken, Black Beans, Refined Beans, Shredded Lettuce, Shredded Cheese (M), Nacho Cheese (M), Salsa, Sour Cream (M), Guacamole, Jalapenos. [Calories 5-1,775]

VEGAN

**Breakfast**
- Vegan Banana Pancakes (W,S), Vegan Sausage Patty, Tofu Scramble Pepper & Onion. [Calories 100-500]

**Lunch**
- Black Bean Bowl (S) [Calories 1690]

**Dinner**
- Tofu Baked Gravy Mushroom (S), Roasted Lemon Parsley Red Potatoes, Steamed Broccoli Florets, Swiss Chard w/ Pine Nuts & Golden Raisins (T (Pine Nuts)). [Calories 40-550]

GLUTEN SOLUTION

**Breakfast**
- Scrambled Eggs (E), Pork Bacon, Turkey Sausage Patty, Shredded Spiced Diced Potato. [Calories 60-475]

**Lunch**
- Grilled Teriyaki Salmon (S,F), Roasted Cauliflower with Pecans (T (Pecans)), Broccoli Ginger & Garlic, Lemon Herb Rice. [Calories 90-470]

**Dinner**
- Blackened Chicken, Potatoes Red Rosemary Garlic, Carrots Honey Glazed (M), Roasted Garlic Parmesan Brussels Sprouts (M,S,SS,W). [Calories 100-830]

GRILL

**Breakfast**
- Made to Order Omelet. [Calories 5-530]

**Lunch/Dinner**
- Tandoori Bar. [Calories 5-870]

PIZZA

**Lunch/Dinner**
- Cheese (M,W,S), Pepperoni (M,W,S), Veggie (M,W,S), Margherita (M,W). [Calories 290-1,120]

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**
- Made to Order Omelet. [Calories 5-530]

**Lunch/Dinner**
- Tandoori Bar. [Calories 5-870]
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 3-1715

Lunch Chicken Tender (W,S), Waffles (S,W,M), Peas & Carrots, Synup. | Calories 40-690

Dinner Noodle Chow Mein Pork (S,W,SS), Vegetables Stir Fry Seasoned (S), Broccoli with Sesame Garlic Sauce (S,SS). | Calories 110-595

ROUND GRILL


Lunch/Dinner Chili Bar; Turkey Chili, Three Bean Chili, Shredded Cheese (M), Red Onion, Sliced Scallions, Jalapenos, Sour cream (M), Fire Roasted Peppers & Corn, Diced Avocado, Lime Wedges, Beef Chili. | Calories 5-1200

VEGAN

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

Lunch Roasted Vegetable Chili Rellenos (W), Rice Mexican (S), Calabacitas, Sweet Corn Suggesta. | Calories 80-365

Dinner Creole Red Beans & Rice, Blistered Green Beans w/Garlic, Maque Choux (M). | Calories 50-410

GLUTEN SOLUTION

Breakfast Scrambled Eggs (E), Turkey Bacon, Sausage Patty, Triangle Hashbrowns (S). | Calories 60-610

Lunch Citrus Bourbon Flank Steak, Potatoes Red Roasted Lemon Parsley, Peppers & Green Beans Roasted, Baked Bourbon Lentils (S,F). | 90-1820

Dinner Chicken Curry, Brown Rice Vegetable, Cauliflower Roasted Turmeric, Carrots Roasted Cardamom. | Calories 60-1205

GRILL

Lunch Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (M,W,S), Taquitos (W,S,E), House Made Chips, Lettuce, Tomato, Onion, Pickle. | Calories 5-2160

Dinner Fried Chicken Sandwich (S,W), Turkey burger (S), Grilled Cheese Sandwich (M,W,S), Corn Dog (W,S,E), Housemade Chips , Lettuce, Tomato, Onion, Pickle. | Calories 5-1565

PIZZA

Lunch/Dinner Cheese (M,W,S), Pepperoni (M,W,S), Veggie (M,W,S), Buffalo Chicken Pizza (M,W,S). | Calories 290-1120

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 Tater Tot Bowl Bar. | Calories 5-1,065

Lunch/Dinner Pierogi Bar. | Calories 5-555

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W – Contains Wheat
A – Contains Milk
P – Contains Peanut(s)
S – Contains Soy
SS – Contains Sesame
E – Contains Egg
T – Contains Tree Nuts
F – Contains Fish

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Menus subject to change.

THURSDAY

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 Pesto Baked Cod (W,F,M), Gemelli Artichoke Pasta (W,M), Garlic & Parmesan Roasted Cauliflower (M), Roasted Cherry Tomatoes (S) [Calories 50-570]

Dinner Meatballs (M,S,W), Hoagie Roll (W), Marinara, House Made Chips, Roasted Garlic Parmesan Cauliflower. [Calories 45-715]

VEGAN

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

Lunch Vegan Buffalo Chicken Mac and Cheese (W,S), Roasted Broccoli, Asparagus Roasted, Cauliflower Roasted. [Calories 60-640]

Dinner Vegan Chicken Souvlaki (S), Mediterranean Roasted Vegetables, Vegan Mayo, Steamed Basmati Rice. [Calories 90-720]

GLUTEN SOLUTION

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

Lunch Noodle Pad Thai Chicken (E,S), Steamed Spiced Broccoli, Roasted Cauliflower. [Calories 40-520]

Dinner Grilled BBQ Pork Chop (S,E), Spiced Black Beans, Salsa Mango Floribean, Black Eyed Peas. [Calories 70-700]

GRILL

Lunch Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), Cuban Sandwich (M,W), Sweet Potato Fries, Lettuce, Tomato, Onion, Pickle. [Calories 5-2135]

Dinner Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (M,W,S), Chicken Burger Buffalo Sandwich (M,S,W), Sweet Potato Fries, Lettuce, Tomato, Onion, Pickle. [Calories 5-2650]

PIZZA


SOUPS

Lunch Garden Veggie [Calories 100], Loaded Potato w/Bacon (M) [Calories 280].

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

ACTION

Breakfast Egg Scramble. [Calories 5-530]

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

ROUND GRILL


Lunch Gyro Bar. [Calories 5-1,445]

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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

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FRIDAY

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**
Baked Chicken Taquitos (M,S,W), Spanish Rice, Calavasa. [Calories 90-400]

VEGAN

**Breakfast**
Vegan Banana Pancakes (W,S), Vegan Sausage Patty, Tofu Scramble Pepper & Onion. [Calories 100-500]

**Lunch**
Chicken Gardein (W,S), French Fries (S), Bell Peppers & Onions Roasted, Hoagie Roll (W,S), Vegan Cheddar Cheese Slice. [Calories 60-760]

GLUTEN SOLUTION

**Breakfast**
Scrambled Eggs (E), Turkey Bacon, Pork Sausage Link, Potatoes O’Brien. [Calories 60-760]

**Lunch**
Turkey Honey Garlic Glazed (S), Sugar Snap Peas & Baby Carrots, Brussel Sprouts Roasted, Mashed Potatoes (M). [Calories 70-1040]

GRILL

**Lunch**
Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (M,S,W), Grilled Chicken Caesar Sandwich (E,M,S,W), Waffle Fries, Lettuce, Tomato, Onion, Pickle. [Calories 5-2860]

PIZZA

**Lunch/Dinner**
Cheese (M,W,S), Pepperoni (M,W,S), Veggie (M,W,S), Garlic Pizza (M,S,W). [Calories 290-1250]

SOUPS

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

ACTION

**Breakfast**
Made to Order Omelet. [Calories 5-530]

**Lunch/Dinner**
Pasta Bar. [Calories 5-1,815]

ROUND GRILL

**Breakfast**

**Lunch**
Lo Mein Bar. [Calories 5-1,910]

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W – Contains Wheat
M – Contains Milk
S – Contains Soy
SF – Contains Shellfish
P – Contains Peanuts
S5 – Contains Sesame
E – Contains Eggs
F – Contains Tree Nuts

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