SUNDAY

Menus subject to change.

HOME
Dinner  Breaded Chicken Piccata (W,M), Whole Wheat Penne with Kale Pesto (W,M), Zucchini Agrodolce, Steamed Spiced Broccoli (VG,GF).
[Calories 40-780]

VEGAN
Dinner  Lentil Bolognese (T), Spaghetti (W), Roasted Garlic Broccolini, Eggplant Caponata. [Calories 50-860]

GLUTEN SOLUTION
Dinner  Green Beans with Lemon and Mint (S), Garlic Mashed Potatoes with Olive Oil, Sliced Ham (M), Carrots Roasted with Thyme & Lemon. [Calories 80-520].

GRILL
Dinner  Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), Crispy Buffalo Chicken Sandwich (W,S,M), Shoestring Fries (W), Lettuce, Tomato, Onion, Pickle. [Calories 5-1795].

PIZZA
Dinner  Cheese (M,W,S), Pepperoni (M,W,S), Veggie (M,W,S), Margarita Pizza (M,W). [Calories 290-310]

SOUPS
Dinner  Butternut Squash & Apple (M) [Calories 180], Beef Chili & Beans [Calories 270], Crackers.

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

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

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional Nutrition information available upon request.

Consuming raw or undercooked eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.
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, Savannah Gravy (M,W), Biscuits (M,S,W,E). [Calories 3-1753]

Lunch Beef Meatloaf (E,M,W), Herb Mashed Potatoes (M), Cauliflower Stuffing (VG), Spiced Green Beans (VG,GF). [Calories 35-540]

Dinner Chicken Cacciatore, Herb Pasta (V,W), Mediterranean Roasted Vegetables (VG,GF), Herby Parmesan Cheese Roasted Squash & Lentils (VG,GF,M). [Calories 180-970]

ROUND GRILL


Lunch/Dinner Breakfast Bar; French Toast Sticks (E,M,S,W), Silver Dollar Pancakes (E,M,W,S), Scrambled Eggs (E), Scrambled Egg Whites (E), Bacon, Turkey Sausage Link, Potatoes O'Brien, Shredded Cheddar (M), Shredded Mozzarella (M), Strawberry Topping, Blueberry Topping, Whipped Cream, Syrup. [Calories 5-1390].

VEGAN

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

Lunch Pasta E Lentichie (W), Zucchini Agrodolce (T), Mediterranean Roasted Vegetables, Roasted Mushrooms. [Calories 50-605]

Dinner Vegan Teriyaki Chicken (S), Brown Rice Steamed, Stir Fry Vegetables (S), Ginger & Garlic Broccoli. [Calories 130-690]

GLUTEN SOLUTION

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

Lunch Mashed Potato Bowl; Grilled Marinated Chicken Breast (S), Herb Roasted Potatoes, Corn, Gluten Free Gravy. [Calories 5-355]

Dinner Chicken Souvlaki Grilled, Flaisakia Lathera Greek Green Beans, Squash Yellow Zucchini with Onion and Feta (M), Lemon Herb Rice. [Calories 7-607]

GRILL

Lunch Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), 3 Grilled Cheese (W,S,M), Sweet Potato Fries, Lettuce, Tomato, Onion, Pickle. [Calories 5-2065]

Dinner Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (M,W,S), Smokehouse Beef Burger (M,S,W,E), Sweet Potato Fries, Lettuce, Tomato, Onion, Pickle. [Calories 5-3070]

PIZZA

Lunch/Dinner Cheese (M,W,S), Pepperoni (M,W,S), Veggie (M,W,S), Buffalo Chicken (M,W,S). [Calories 290-310]

SOUPS

Lunch – Broccoli Cheese (M) [Calories 310], Caribbean Jerk Chicken (T-Coconut) [Calories 260].

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

ACTION

Breakfast Tater Tot Bowl Bar. [Calories 5-1,065]

Lunch Tandoori Bar. [Calories 5-870]
## 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 (M), Spinach, Sausage Patty, Sausage Gravy (M,W), Biscuits (M,S,W,E). | Calories 3-1753 |

| Lunch | | |
|-------|-------------------------------|
|       | Cider Brined Turkey Breast (GF,S), Yams with Oat Crumble (W,S,M), Creamed Spinach (V,GF,M), Spiced Green Beans (VG,GF). | Calories 35-545 |

| Dinner | | |
|--------|-------------------------------|
|        | Pork Carne Asada, Brown Rice (VG), Fire Roasted Peppers and Sweet Corn (V,GF), Calabacitas (V,GF,M). | Calories 80-680 |

### ROUND GRILL

| Breakfast | | |
|-----------|-------------------------------|

| Lunch/Dinner | | |
|--------------|-------------------------------|
|              | Taco Bar; Tortilla (W), Corn Tortilla, Cilantro Lime Rice (VG), Mexican Rice (S), Taco Seasoned Tofu (S,VS), Turkey Taco Meat, Beef Barbacoa (W), Fajita Chicken, Black Beans, Refried Beans, Shredded Lettuce, Shredded Cheddar (M), Cheese Sauce (M), Salsa, Sour Cream (M), Diced Tomato (VG,GF). | Calories 5-1725 |

### VEGAN

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

| Lunch/Dinner | | |
|--------------|-------------------------------|
|              | Vegan Mac & Cheese (W), Texas Mushroom Chili, Cauliflower Roasted, Roasted Garlic Broccolis. | Calories 50-410 |

### GLUTEN SOLUTION

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

| Lunch | | |
|-------|-------------------------------|
|       | Beef Seared Salmon with Citrus Sauce (F), Rice Pilaf, Roasted Asparagus, Honey Glazed Carrots (M). | Calories 100-660 |

| Dinner | | |
|--------|-------------------------------|
|        | Fish Mole Chicken (T), Fire Roasted Peppers and Sweet Corn (S), Spanish Style Roasted Potatoes, Sautéed Zucchini & Tomatoes. | Calories 60-830 |

### GRILL

| Lunch | | |
|-------|-------------------------------|
|       | Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (M,W,S), Ham Grinder & Salami Sandwich (M,W), House Made Chips, Lettuce, Tomato, Onion, Pickle. | Calories 5-2380 |

| Dinner | | |
|--------|-------------------------------|
|        | Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), Reuben Sandwich (E,W,M,S), House Made Chips, Lettuce, Tomato, Onion, Pickle. | Calories 5-1945 |

### PIZZA

| Lunch/Dinner | | |
|--------------|-------------------------------|
|              | Cheese (M,W,S), Pepperoni (M,W,S), Veggie (M,W,S), Garlic (M,W,S). | Calories 290-350 |

| 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 | | |
|--------------|-------------------------------|
|              | Pierogi Bar. | Calories 5-555 |
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 3-1733]

Lunch Crispy Chicken Parmesan (M), Spaghetti (VG,W), Marinara, Honey Glazed Carrots (VG,GF,M), Roasted Garlic Broccolini. [Calories 45-75]

Dinner Piri Piri Cod (S,F), Lemon and Herb Brown Rice (GF, VG), Fassolakia Lathera Greek Green Beans (VG,GF), Mediterranean Roasted Vegetables (GF,VG). [Calories 70-575]

ROUND GRILL


Lunch/Dinner BBQ Bar, Kalua Pork, BBQ Chicken, Lime Beans, Baked Beans, White Rice, Collard Greens (VG), Coleslaw (S,E), Garlic Roasted Okra (S, VG), Corn Muffin (W,M), Hot Sauce, BBQ Sauce, Honey Mustard (S,F). [Calories 25-2180]

VEGAN

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

Lunch Taco Seasoned Gardein (W,S), Corn Tortilla, Diced Tomato, Diced Onion, Black Beans, Vegan Mozzarella Cheese, Shredded Lettuce. [Calories 5-455]

Dinner Crispy Fried Tofu Teriyaki Bites (W,S), Brown Rice Steamed, Bok Choy Stir Fry (S), Chinese Style Green Beans. [Calories 45-675]

GLUTEN SOLUTION

Breakfast Scrambled Eggs (E), Pork Bacon, Turkey Sausage Patty, Spiced Diced Potato. [Calories 80-575]

Lunch Herb Roasted Pork Loin, Mashed Sweet Potatoes (T), Roasted Cauliflower with Pecans (T), Roasted Cherry Tomatoes (S). [Calories 50-1170]

Dinner Chicken Tinga, Spanish Brown Rice, Calabacitas (M), Peas Spicy (S). [Calories 60-960]

GRILL

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

Lunch/Dinner Stir Fry Bar. [Calories 25-960]

PIZZA

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

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
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  Maple Por Cop Roasted Maple Brined (S), Pumpkin Spiced Sweet Potatoes (VG), Roasted Cauliflower (V,G,F), Sautéed Mixed Vegetables (G,F,G). [Calories 140-990]

Dinner  Butter Chicken (M), Steamed Basmati Rice (V,G,F), Gatar Matar (G,F), Cauliflower with Turmeric & Raisins (V,G,F). [Calories 75-615]

ROUND GRILL


Lunch/Dinner  Wing Bar; Chicken Wings, Cauliflower Wings (E,W,S,M), Mild Sauce (M), Hot Sauce, BBQ Sauce, Sweet Chili Sauce (S), Celery Sticks, Baby Carrots (Ranch Dressing E,M), Blue Cheese (E,M), Potato Salad (E,S), House Made Chips. [Calories 12-1097]

VEGAN

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

Lunch  White Sun Dried Tomato Stew Beans, Roasted potatoes with Lemon Vinaigrette, Roasted Brussels Sprouts. [Calories 150-680]

Dinner  Three Bean Milly High Chili, Tater Tots (S), Vegan Mozzarella Cheese. [Calories 80-600]

GLUTEN SOLUTION

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

Lunch  Salmon Seared with Cranberry Citrus Sauce (F), Roasted Garlic Broccolini, Brown & Wild Rice Pilaf with Apple Cider & Cranberries, Honey Glazed Carrots (M). [Calories 80-670]

Dinner  Turkey Sloppy Joe's, Succotash Sweet Corn, Steamed Spiced Broccoli, House Potato Chip. [Calories 40-460]

GRILL

Breakfast  Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (M,W,S), Burger Breakfast (E,S,W,M,F), Curly Fries (W,S), Lettuce, Tomato, Onion, Pickle. [Calories 5-2780]

Lunch  Salmon Seared with Cranberry Citrus Sauce (F), Roasted Garlic Broccolini, Brown & Wild Rice Pilaf with Apple Cider & Cranberries, Honey Glazed Carrots (M). [Calories 80-670]

Dinner  Turkey Sloppy Joe's, Succotash Sweet Corn, Steamed Spiced Broccoli, House Potato Chip. [Calories 40-460]

PIZZA

Lunch/Dinner Cheese (M,W,S), Pepperoni (M,W,S), Veggie (M,W,S), BBQ Chicken (M,W,S). [Calories 290-340]

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  Tater Tot Bowl. [Calories 1-1065]

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

W – Contains Wheat
M – Contains Milk
S – Contains Soy
P – Contains Peanuts
F – Contains Tree Nuts
E – Contains Eggs
S – Contains Shellfish
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 Chicken Tinga (GF), Spanish Rice (VG), Zucchini Roasted Cotija (M), Fire Roasted Peppers & Sweet Corn (V,GF). [Calories 80-600]

ROUND GRILL


Lunch Hot Dog Bar; All Beef Hot Dog, Vegan Hot Dog (W), Turkey Chili, Sauerkrout, Diced Yellow Onions, Cheese Sauce (M), Hot Dog Bun (W,S), Grain Mustard, Pickle Relish, Pickled Jalapeno, Diced Bacon, Sliced Scallions, Chips, Coleslaw, Potato Salad (E,S). [Calories 5-1900]

VEGAN

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

Lunch Crispy Baked Orange Tofu (S), Jasmine Rice, Ginger & Garlic Broccoli, Ginger Snap Peas. [Calories 80-550]

GLUTEN SOLUTION

Breakfast Scrambled Eggs (E), Bacon, Turkey Sausage Link, Shredded Hash browns (S). [Calories 100-780]

Lunch Chicken Thighs Rioja Style, Brown Rice with Tomato, Onion, & Basil, Zucchini Roasted Cotija (M), Seasoned Beans & Corn. [Calories 110-730]

GRILL

Lunch Cheese (M,W,S), Pepperoni (M,W,S), Veggie (M,W,S), Mac & Cheese (M,W,S). [Calories 290-410]

PIZZA

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

SOUPS

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

ACTION

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

Lunch - Philly Cheesesteak Bar. [Calories 5-1280]

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