SUNDAY

Menus subject to change.

HOME

Dinner Pork al Pastor, Refried Beans, Rice Arroz Blanco, Pico De Gallo, Peppers Fire Roasted and Sweet Corn. [Calories 10-710]

VEGAN

Dinner Thai Coconut Curry (S,T), Jasmine Rice, Steamed Spiced Pea Snap, Bok Choy Stir Fry (S5). [Calories 40-385]

GLUTEN SOLUTION

Dinner Fish Tacos (M,F), Herb Lentil Pasta, Roasted Asparagus, Cauliflower Roasted Garlic Parmesan (M). [Calories 90-1360]

GRILL

Dinner Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (M,W,S), Broasted Cauliflower Bites (S,W), Tater Tots (VG,GF,S), Lettuce, Tomato, Onion, Pickle. [Calories 5-2480]

PIZZA

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

SOUPS

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

ACTION

Dinner Stir Fry Bar [Calories 25-960].

W – Contains Wheat
M – Contains Milk
SF – Contains Shellfish
S – Contains Soy
P – Contains Peanuts
S5 – Contains Sesame
E – Contains Eggs
F – Contains Tree Nuts
T – 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.
Mon | HOME
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**Breakfast** | Croissant (M,E), 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). [Calorie 3-1753]
**Lunch** | Beef Barbacou, Cilantro Lime White Rice, Squash Butternut Roasted Chipotle, Mexican Street Corn (M). [Calories 50-540]
**Dinner** | Oktoberfest Chicken Thigh Roasted, Herb Spaeztile Pasta (W,E), Creamed Spinach (M), Roasted Brussel Sprouts. [Calories 60-790]

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**ROUND GRILL**
**Breakfast** | Vegan Breakfast Burrito (W), Vegan Sausage Patty, Sweet Potato Tofu Hash. [Calories 100-860]
**Lunch** | Gyro Bar; Chicken Souvlaki Grilled, Beef Gyro Slices (W,S), Pita Bread (W), Tzatziki Sauce (M), Hummus, Shredded Lettuce, Diced Red Onion, Kalamata Olives, Diced Cucumber, Feta Cheese (M), Banana Peppers, Mediterranean Roasted Vegetables, Basmati Rice, Vegan chicken Souvlaki. [Calories 70-435]
**GLUTEN SOLUTION**
**Breakfast** | Scrambled Eggs (E), Turkey Bacon, Pork Sausage Link, Potatoes O’Brien. [Calories 60-760]
**Lunch** | Mashed Potato Bowl; Grilled Marinated Chicken Breast (S), Herb Roasted Potatoes, Corn, Gluten Free Gravy. [Calories 5-355]
**Dinner** | BBQ Pork Chop (E,S), Seasoned Beans & Corn, Carrot Honey Glazed (M), House Potato Chip. [Calories 100-600]

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**GLASS**
**Breakfast** | Grilled Marinated Chicken Sandwich (M,W,S), Hamburger (S), Grilled Cheese Sandwich (M,W,S), Cemita Chicken Sandwich (M,S,W), Shoestring Fries (W,S), Lettuce, Tomato, Onion, Pickle. [Calorie 3-1753]
**Lunch/Dinner** | Grilled Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), Sloppy Joe (E,F), Shoestring Fries (W,S), Lettuce, Tomato, Onion, Pickle. [Calories 1-1405]

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**PIZZA**
**Breakfast** | Gourmet Burger Bar. [Calories 5-1175]
**SOUPS**
**Lunch** | - Broccoli Cheese (M) [Calories 310], Caribbean Jerk Chicken (F- Coconut) [Calories 200],
**Dinner** | - Split Pea [Calories 80], Turkey Chili [Calories 210], Crackers.

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**ACTION**
**Breakfast** | Egg Scramble. [Calories 5-330]
**Lunch/Dinner** | Gourmet Burger Bar. [Calories 5-1175]
**TUESDAY**

**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]
- Roasted BBQ Chicken, Pasta Macaroni & Cheese Creamy (M,S,W), Succotash Sweet Corn, Green Collard Cooked Slow. [Calories 60-675]

**Dinner**
- Roasted True Cod Blackened (T), Sauce Kale Pesto Alfredo (M,W), Roasted Baby Carrots with Thyme and Lemon, Broccoli Florets Roasted & Seasoned. [Calories 5-405]

**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, Refried Beans, Shredded Lettuce, Shredded Cheese (M), Nacho Cheese (M), Salsa, Sour Crem (M), Guacamole. [Calories 5-1765]

**VEGAN**

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

**Lunch/Dinner**
- Lentil Sloppy Joes (W,F), French Fries (S), Corn. [Calories 70-492]

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

**GLUTEN SOLUTION**

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

**Lunch**
- Herb Roasted Turkey Breast, Sweet Potato Pumpkin Spiced, Pea Snap Ginger, Lemon Herb Rice. [Calories 80-1300]

**Dinner**
- Butter Chicken (M), Potato Wedge Masala Flash Spiced, Cauliflower Raisins Turmeric, Green Bean Blistered with Garlic. [Calories 60-520]

**GRILL**

**Breakfast**
- Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), Fish & Chips Sandwich (M,S,W,F), Steak Fries (S), Lettuce, Tomato, Onion, Pickle. [Calories 5-1615]

**Lunch/Dinner**
- Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (M,W,S), Hot Nuggets (W,S), Steak Fries (S), Lettuce, Tomato, Onion, Pickle. [Calories 5-1405]

**PIZZA**

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

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

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

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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). [Calorie 3-1753]

Lunch
Turkey Sloppy Joes, Fries Sweet Potato, Green Beans Blistered with Garlic, Honey Glazed Carrots (M). [Calories 60-630]

Dinner
Beef Stroganoff (M,W), Herb Pasta (W), Peas & Carrots, Steamed Spiced Green Beans. [Calories 35-585]

ROUND GRILL

Breakfast

Lunch/Dinner
Mac & Cheese Bar; Mac & Cheese (M,S,W), Vegan Mac & Cheese (W,VG), Chicken Nugget (W), Bacon Bits, Pulled Pork (GF), Blue Cheese (M), Breadcrumbs (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 Banana Pancakes (W,S), Vegan Sausage Patty, Tofu Scrambled Pepper & Onion. [Calories 100-500]

Lunch
Penne Pasta (W), Marinated, Vegetable Roasted Mediterranean, Vegan Chicken (S). [Calories 30-460]

Dinner
Croque Red Beans & Rice, Blistered Green Beans w/Garlic, Maque Choux. [Calories 50-410]

GLUTEN SOLUTION

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

Lunch
Beef Vegetable Potato Mash Pie (F,M), Broccoli Steamed, Sweet Corn Succotash. [Calories 80-360]

Dinner
Fish Barramundi with Parsley Sauce (F,M), Roasted Yellow Squash and Zucchini, Jasmine Rice, Black Beans. [Calories 60-725]

GRILL

Lunch/Dinner
Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (M,W,S), BBQ Wings, House Made Chips, Lettuce, Tomato, Onion, Pickle. [Calories 5-2330]

Dinner
Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), Jamaican Pork Jerk Sandwich (W,S), House Made Chips, Lettuce, Tomato, Onion, Pickle. [Calories 5-1605]

PIZZA

Lunch/Dinner
Cheese (M,W,S), Pepperoni (M,W,S), Veggie (M,W,S), Mac & Cheese (M,W,S). [Calories 290-1310]

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. [Calories S-1,065]

Lunch/Dinner
Philly Cheesesteak Bar. [Calories S-1280]

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

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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). [Calorie 3-1753]

Lunch  Jamaican Jerk Pork (S), Fried Plantsains, Roasted Sweet Potato, Steamed Spiced Green Beans. [Calories 35-905]

Dinner  Teriyaki Chicken Thigh (S), Fried Brown Rice (S), Ginger Bok Choy [S,SS], Broccoli Garlic Stir Fry. [Calories 120-700]

ROUND GRILL


Lunch/Dinner  Chili Bar;  Turkey Chili, Three Bean Chili, Shredded Cheese, Red Onion, Sliced Scallions, Jalapenos, Sour cream, 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  Hull Huli Tofu (S), Fried Rice (S), Seasoned Vegetables Stir Fry (S), Roasted Broccoli. [Calories 110-560]

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

GLUTEN SOLUTION

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

Lunch  Roasted Dijon Maple Chicken Thigh, Cranberry Brown Butter Brussels Sprouts (M), Red Potatoes with Rosemary Garlic, Rosemary Roasted Cauliflower. [Calories 130-930]

Dinner  Bratwurst Braised with Sauerkrut, Mashed Potatoes (M), Gluten Free Gravy, Succotash Sweet Corn, Roasted Broccoli. [Calories 5-1075]

GRILL

Lunch  Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), Pizza Burger (W,S,M), Sweet Potato Fries, Lettuce, Tomato, Onion, Pickle. [Calories 5-2205]

Dinner  Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (M,W,S), Taquito (M,S,W), Sweet Potato Fries, Lettuce, Tomato, Onion, Pickle. [Calories 5-2330]

PIZZA

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

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

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 Bar. [Calories 5-530]

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

Menus subject to change.

HOME

Lunch Chicken Tender (S,W), Waffles (M,W,E), Peas & Carrots. [Calories 40-430]

ROUND GRILL


Lunch Kalua Pork, BBQ Chicken, Lima 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,E). [Calories 25-2180]

VEGAN

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

Lunch Chana Masala, Steamed Rice Basmati, Cauliflower Roasted Turmeric, Gatar Matar [Calories 75-695]

GLUTEN SOLUTION

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

Lunch Mojo Pork, Spice Black Beans, Brown Spanish Rice, Peppers & Green Beans Roasted. [Calories 90-845]

GRILL

Lunch Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (M,W,S), Three Cheese Grilled Cheese Sandwich (S,W,M), Waffle Fries, Lettuce, Tomato, Onion, Pickle. [Calories 5-2700]

PIZZA

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

SOUPS

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

ACTION

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

Lunch Pierogi Bar. [Calories 5-555]

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

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