SUNDAY

FLASH’S PICK

Breakfast  Made To Order Omelets; Egg (E), Egg White (E), Diced Ham, Bacon, Cheddar Cheese (M), Mozzarella Cheese (M), Spinach, Sliced Tomatoes, Peppers, Red Onion, Mushrooms. [Calories 5-530]

Lunch/Dinner  Pasta Bar: Whole Wheat Penne (W), Marinara, Alfredo Sauce (W,S), Chicken, Bacon, Parmesan Cheese (M), Peppers, Sliced Onions, Sliced Mushrooms, Sliced Carrots, Garlic Breadsticks (W,S), Bowtie Pasta (W), Pesto (M). [Calories 5-1945]

TWIST AND SPROUT

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

Lunch  Vegan Baked Potato Bar: Vegan Mozzarella Cheese, Steamed Broccoli Florets, Roasted Mushrooms, Roasted Cauliflower, Vegetarian Chili, Baked Potatoes. [Calories 50-720]

Dinner  Tofu Sweet Mustard (S), Herb Roasted Potatoes, Ginger Snap Peas, Roasted Yellow Squash & Zucchini [Calories 60-390]

WHEATLESS WAYS

Breakfast  Scrambled Eggs (E), Turkey Bacon, Sausage Patty, Tater Tots (S). [Calories 60-890]

Lunch  Pork Chop Roasted Maple Brined, Buttermilk Mashed Yukon Potatoes (M), Turmeric Roasted Cauliflower, Steamed Spiced Snap Peas. [Calories 40-980]

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

FLASH’S GRILL


Lunch/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]

PIECE OF THE PIE

Breakfast  French Toast Bar; French Toast Sticks (M,W,E,S), Apple Topping, Cherry Topping, Blueberry Topping, Whip Cream. [Calories 25-440]

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

**FLASH’S PICK**

**Breakfast** Made To Order Omelets; Egg (E), Egg White (E), Diced Ham, Bacon, Cheddar Cheese (M), Mozzarella Cheese (M), Spinach, Sliced Tomatoes, Peppers, Red Onion, Mushrooms. [Calories 5-530]

**Lunch/Dinner** Pasta Bar: Whole Wheat Penne (W), Marinara, Alfredo Sauce (W,S), Chicken, Bacon, Parmesan Cheese (M), Peppers, Sliced Onions, Sliced Mushrooms, Sliced Carrots, Garlic Breadstucks (W,S), Bowtie Pasta (W), Pesto (M). [Calories 5-1945]

**TWIST AND SPROUT**

**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** Vegan Buffalo Chicken Mac & Cheese, Roasted Broccoli, Roasted Asparagus, Roasted Cauliflower [Calories 60-640]

**WHEATLESS WAYS**

**Breakfast** Scrambled Eggs (E), Bacon, Turkey Sausage Link, Shredded Hash Browns (S). [Calories 100-680]

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

**Dinner** Seared Salmon with Citrus Sauce (F), Rice Pilaf, Roasted Asparagus, Honey Glazed Carrots (M). [Calories 100-660]

**FLASH’S GRILL**

**Breakfast** Biscuit (M,S,W,E), Sausage Gravy (M,W), Egg & Cheese Croissant (M,W,E,S). [Calories 80-1130]

**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 (5-2095)

**Dinner** Grilled Marinated Chicken Sandwich (M,W,S), Grilled Cheese Sandwich (M,S,W), Bacon Cheese Burger (S,W), Sweet Potato Fries, Lettuce, Tomato, Onion, Pickle [Calories 5-2590]

**PIECE OF THE PIE**

**Breakfast** Silver Dollar Pancake (M,W,E,S), Apple Topping, Cherry Topping, Blueberry Topping, Whip Cream. [Calories 25-420]

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

**CULINARY CREATIONS**

**Lunch/Dinner** Carnitas Rice Bowl – BBQ Pulled Pork, Taco Seasoned Tofu (S), Black Beans, Pinto Beans, Cilantro Lime Rice Pepper & Onions, Cilantro, Diced Tomatoes, Jalapenos, Black Olives, Shredded Cheddar, Sour Cream (M), Chipotle Ranch, Salsa. [Calories 5-1175]

**CHOOLAAH**

**Lunch** White Basmati Rice, Tikka Masala (M), Chicken, Black Lentil Daal (M), Veggie Croquettes (W) [Calories 116-734]

**Dinner** White Basmati Rice, Tikka Masala (M), Chicken, Chickpea Masala, Paneer Cheese (M) [Calories 124-919]
TUESDAY

FLASH’S PICK

Breakfast  Made To Order Omelets; Egg (E), Egg White (E), Diced Ham, Bacon, Cheddar Cheese (M), Mozzarella Cheese (M), Spinach, Sliced Tomatoes, Peppers, Red Onion, Mushrooms. [Calories 5-530]

Lunch/Dinner  Pasta Bar; Whole Wheat Penne (W), Marinara, Alfredo Sauce (W,S), Chicken, Bacon, Parmesan Cheese (M), Peppers, Sliced Onions, Sliced Mushrooms, Sliced Carrots, Garlic Breadsticks (W,S), Bowtie Pasta (W), Pesto (M). [Calories 5-1945]

TWIST AND SPROUT

Breakfast  Scrambled Eggs (E), Turkey Bacon, Pork Sausage Patty, Tofu Scrambled Pepper & Onion. [Calories 100-670]

Lunch  Black Bean Bowl (S) [Calories 1690]

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

WHEATLESS WAYS

Breakfast  Scrambled Eggs (E), Turkey Bacon, Pork Sausage Link, Potatoes O’Brien. [Calories 60-850]

Lunch  Pot Roast (S), Garlic Blistered Green Beans, Mashed Sweet Potatoes (T), Fire Roasted Peppers & Sweet Corn (S). [Calories 80-930]

Dinner  Sweet and Sour Pork (S), Brown Rice Vegetable, Broccoli Garlic Stir Fry [Calories 140-910]

FLASH’S GRILL


Lunch  Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), Corn Dng (W,S,E), Curly Fries (W,S), lettuce, Tomato, Onion, Pickle. [Calories 5-1565]

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

PIECE OF THE PIE

Breakfast  French Toast Bar; French Toast Sticks (M,W,E), Apple Topping, Cherry Topping, Blueberry Topping, Whipping Cream. [Calories 25-440]

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

CULINARY CREATIONS

Lunch/Dinner  Beef Barbacoa Rice Bowl – Beef Barbacoa, Vegan Taco Chicken (S), Black Beans, Pinto Beans, Cilantro Lime Rice, Peppers & Onions, Cilantro, Diced Tomatoes, Jalapenos, Black Olives, Shredded Cheddar (M), Sour Cream (M), Chipotle Ranch, Salsa, Taco Seasoned Tofu (S). [Calories 5-1405]

CHOOLAAH

Lunch  White Basmati Rice, Tikka Masala (M), Chicken, Yellow Lentil Daal, Samosas (W) [Calories 94-669]

Dinner  White Basmati Rice, Tikka Masala (M), Chicken, Yellow Lentil Daal, Veggie Croquettes (W) [Calories 94-712]
WEDNESDAY

**FLASH'S PICK**

*Breakfast* Made To Order Omelets; Egg (E), Egg White (E), Diced Ham, Bacon, Cheddar Cheese (M), Mozzarella Cheese (M), Spinach, Sliced Tomatoes, Peppers, Red Onion, Mushrooms. [Calories 5-330]

*Lunch/Dinner* Pasta Bar: Whole Wheat Penne (W), Marinara, Alfredo Sauce (W,S), Chicken, Bacon, Parmesan Cheese (M), Peppers, Sliced Onions, Sliced Mushrooms, Sliced Carrots, Garlic Breadsticks (W,S), Bowtie Pasta (W), Pesto (M). [Calories 5-1945]

**TWIST AND SPROUT**

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

*Lunch* Bibimbap Bowl (W,S,S). [Calories 1,035]

*Dinner* Penne Pasta (W), Marinara, Ratatouille, Herb Roasted Potatoes. [Calories 30-430]

**WHEATLESS WAYS**

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

*Lunch* Herb Marinated Grilled Flank Steak, Lemon Parsley Red Roasted Potatoes, Peppers & Green Beans, Roasted Asparagus [90-980]

*Dinner* Cajun Jambalaya (SF), Sweet Corn Cheddar Grits (M), Garlic Roasted Okra, Slow Cooked Collard Greens [Calories 50-455]

**FLASH'S GRILL**


*Lunch* Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), Chicken Parmesan Sandwich (S,M,W), Waffle Fries, Tomato, Onion, Pickle [5-2125]

*Dinner* Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (M,W,S), Bacon Grilled Cheese (S,W,M), Waffle Fries, Lettuce, Tomato, Onion, Pickle. [Calories 5-2580]

**PIECE OF THE PIE**

*Breakfast* Silver Dollar Pancake (M,W,E,S), Apple Topping, Cherry Topping, Blueberry Topping, Whip Cream. [Calories 25-420]

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

**CULINARY CREATIONS**

*Lunch/Dinner* Taco Rice Bowl – Ground Taco Turkey, Taco Seasoned Tofu (S), Black Beans, Pinto Beans, Lettuce, Peppers & Onions, Cilantro, Diced Tomatoes, Jalapenos, Black Olives, Shredded Cheddar (M), Sour Cream (M), Chipotle Ranch, Salsa. [Calories 5-1,115]

**CHOOLAAH**

*Lunch* White Basmati Rice, Tikka Masala (M), Chicken, Black Lentil Daal (M), Paneer Cheese (M) [Calories 116-892]

*Dinner* White Basmati Rice, Tikka Masala (M), Chicken, Black Lentil Daal (M), Samosas (W) [Calories 107-691]
THURSDAY

Menu subject to change.

FLASH'S PICK

Breakfast  Made To Order Omelets; Egg (E), Egg White (E), Diced Ham, Bacon, Cheddar Cheese (M), Mozzarella Cheese (M), Spinach, Sliced Tomatoes, Peppers, Red Onion, Mushrooms. [Calories 5-530]

Lunch/Dinner  Pasta Bar- Whole Wheat Penne (W), Marinara, Alfredo Sauce (W,S), Chicken, Bacon, Parmesan Cheese (M), Peppers, Sliced Onions, Sliced Mushrooms, Sliced Carrots, Garlic Breadsticks (W,S), Bowtie Pasta (W), Pesto (M). [Calories 5-1945]

TWIST AND SPROUT

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 50-770]

Dinner  Taco Seasoned Tofu (S), Vegan Mozzarella Cheese, Mexican Rice (S), Calabacitas, Corn Tortilla, Diced Tomato, Diced Onion, Shredded Lettuce. [Calories 5-690]

WHEATLESS WAYS

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 40-1,280]

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

FLASH'S GRILL


Lunch  Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (M,W,S), Bacon Grilled Cheese (S,W,M), Waffle Fries, Lettuce, Tomato, Onion, Pickle. [Calories 5-2580]

Dinner  Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), Turkey Burger with Pepper Jack (S,W,M), Shoestring Fries (S,W), Lettuce, Tomato, Onion, Pickle. [Calories 5-1745]

PIECE OF THE PIE

Breakfast  French Toast Bar; French Toast Sticks (M,W,E,S), Apple Topping, Cherry Topping, Blueberry Topping, Whip Cream. [Calories 25-440]

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

CULINARY CREATIONS

Lunch/Dinner  Chicken Tinga Rice Bowl; Chicken Tinga, Vegan Taco Chicken (S), Black Beans, Pinto Beans, Brown Rice, Peppers & Onions, Cilantro, Diced Tomatoes, Jalapenos, Black Olive, Shredded Cheddar (M), Sour Cream (M), Chipotle Ranch, Salsa, Guacamole. [Calories 5-1410]

CHOOЛАAH

Lunch  White Basmati Rice, Tikka Masala (M), Chicken, Chickpea Masala, Veggie Croquettes (W) [Calories 124-761]

Dinner  White Basmati Rice, Tikka Masala (M), Chicken, Yellow Lentil Daal, Paneer Cheese (M) [Calories 94-870]
**FRIDAY**

**Menus subject to change.**

### FLASH’S PICK

**Breakfast** Made To Order Omelets; Egg (E), Egg White (E), Diced Ham, Bacon, Cheddar Cheese (M), Mozzarella Cheese (M), Spinach, Sliced Tomatoes, Peppers, Red Onion, Mushrooms. [Calories 5-530]

**Lunch/Dinner** Pasta Bar: Whole Wheat Penne (W), Marinara, Alfredo Sauce (W,S), Chicken, Bacon, Parmesan Cheese (M), Peppers, Sliced Onions, Sliced Carrots, Garlic Breadsticks (W,S), Bowtie Pasta (W), Pesto (M). [Calories 5-1945]

### TWIST AND SPROUT

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

**Lunch** Vegan Baked Potato Bar: Vegan Mozzarella Cheese, Steamed Broccoli, Roasted Mushrooms, Roasted Cauliflower, Vegetarian Chili, Baked Potatoes. [Calories 50-720]

**Dinner** Huli Huli Tofu (S), Fried rice (S), Seasoned Vegetables Stir Fry (S), Roasted Broccoli. [Calories 110-560]

### WHEATLESS WAYS

**Breakfast** Scrambled Eggs (E), Bacon, Turkey Sausage Link, Shredded Hash Browns (S). [Calories 100-680]

**Lunch** Herb Lentil Pasta, Roasted Garlic Broccolini, Cauliflower Roasted Garlic Parmesan. [Calories 80-970]

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

### FLASH’S 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]

**Dinner** Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (M,S,W), Mushroom Swiss Burger (S,W,M,F), Tater Tots, Lettuce, Tomato, Onion, Pickle. [Calories 5-2860]

### PIECE OF THE PIE

**Breakfast** Silver Dollar Pancake (M,W,E,S), Apple Topping, Cherry Topping, Blueberry Topping, Whip Cream. [Calories 25-420]

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

### CULINARY CREATIONS

**Lunch/Dinner** Beef Fajita Rice Bowl: Beef Fajita, Taco Seasoned Tofu (S), Black Beans, Pinto Beans, Cilantro Lime Rice, Peppers & Onions, Cilantro, Diced Tomatoes, Jalapenos, Black Olives, Shredded Cheddar, Sour Cream (M), Chipotle Ranch, Salsa. [Calories 5-1,170]

### CHOOLEAH

**Lunch** White Basmati Rice, Tikka Masala (M), Chicken, Yellow Lentil Daal, Veggie Croquettes (W). [Calories 94-712]

**Dinner** White Basmati Rice, Tikka Masala (M), Chicken, Black Lentil Daal (M), Paneer Cheese (M). [Calories 116-892]

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SATURDAY

**FLASH’S PICK**

**Breakfast**  Made To Order Omelets; Egg (E), Egg White (E), Diced Ham, Bacon, Cheddar Cheese (M), Mozzarella Cheese (M), Spinach, Sliced Tomatoes, Peppers, Red Onion, Mushrooms. [Calories 5-530]

**Lunch/Dinner** Pasta Bar: Whole Wheat Penne (W), Marinara, Alfredo Sauce (W,S), Chicken, Bacon, Parmesan Cheese (M), Peppers, Sliced Onions, Sliced Mushrooms, Sliced Carrots, Garlic Breadsticks (W,S), Bowtie Pasta (W), Pesto (M). [Calories 5-1945]

**TWIST AND SPROUT**

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

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

**WHEATLESS WAYS**

**Breakfast**  Scrambled Eggs (E), Turkey Bacon, Pork Sausage Link, Potatoes O’Brien. [Calories 60-850]

**Lunch**  Kalua Pork, Braised Red Cabbage, Roasted Cauliflower, Potato Salad [Calories 100-700]

**Dinner**  Taco Seasoned Ground Turkey, Mexican Rice (S), Pineapple Salsa, Mexican Street Corn (M), Lime Crema (M) [Calories 40-655]

**FLASH’S GRILL**

**Breakfast**  Biscuit (M,S,W,E), Sausage Gravy (M,W), Sausage Breakfast Biscuit (W,S), Spinach Egg & Cheese Biscuit (M,S,W,E). [Calories 80-1130]

**Lunch/Dinner**  Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), All Beef Hot Dot, Steak Fries (S), Lettuce, Tomato, Onion, Pickle [Calories 5-1655]

**PIECE OF THE PIE**

**Breakfast**  French Toast Bar; French Toast Sticks (M,W,E,S), Apple Topping, Cherry Topping, Blueberry Topping, Whip Cream. [Calories 25-440]

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