FRIDAY

Menus subject to change.

**HOME**

**Breakfast**
Scrambled Eggs (E), Shredded Hash Browns, Turkey Sausage, Pork Bacon [calories 60-660]

**Dinner**
Pork Chow Mein (S, W), Seasoned Stir Vegetables (S) and Broccoli with Sesame Garlic Sauce (S) [calories 110-595]

**TRANSFORMATION**

**Lunch/Dinner**
Pasta Bar with assorted toppings [calories 650-1165]

**VEGAN**

**Breakfast**
Available Upon Request - Sweet Potato Tofu Hash, Breakfast Burrito (S), Breakfast Sandwich (S, W), Breakfast Sausage (S, W) [calories 140-1190]

**Lunch**
Portobello Poutine and Steamed Spiced Broccoli [calories 140-1190]

**Dinner**
Pasta e Lenticchie (W) and Zucchini Agrodolce (T)(Pine Nuts) [calories 185-375]

**GLUTEN SOLUTION**

**Lunch**
Ginger Ground Pork (S), Jasmine Rice and Ginger and Garlic Broccoli [calories 140 – 480]

**Dinner**
Beef Bolognese, Herb Lentil Pasta, Sugar Snap Peas and Baby Carrots and Steamed Broccoli Florets [calories 40–1100]

**GRILL**

**Breakfast**
Made to Order - Pancakes (E, S, M, W), French Toast (E, S, M, W), Biscuits (M, E, S, W) and Sausage Gravy (W, M) [calories 80-800]

**Lunch**
Corn Dog (M, E, W) or Hamburger with Cheddar Cheese (M, S, W) and Shoestring Fries (S) [calories 140-590]

**Dinner**
Grilled Buffalo Chicken Sandwich (M, S, W) or Bacon Cheeseburger (M, S, W), Sweet Potato Fries [calories 330–850]

Available upon request - Incogmeato Burger (W, S) or Veggie Burger (W, S) [calories 220-280]

**PIZZA**

**Lunch/Dinner**
Cheese, Pepperoni, Veggie, Sausage, Garlic Pizza (M, S, W), Caesar Salad (M, W, S, E, F) (Anchovies) [calories 165-210]

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.