### HOME

**Breakfast**  Scrambled Eggs (E), Potatoes O’Brien, Turkey Sausage and Pork Bacon [calories 60 - 660]

**Dinner**  Grilled Salmon with Tuscan Herb Cream (M,F), Lemon and Herb Brown Rice, Swiss Chard with Pine Nuts and Golden Raisins (T, Pine Nuts), Mediterranean Roasted Vegetables [calories 160-760]

### TRANSFORMATION

| Lunch/Dinner | Baked Potato Bar with assorted toppings [calories 210-1025] |

### VEGAN

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

**Lunch**  Vegetable Yakisoba (S,W), Vegan Teriyaki Chicken (S,W) and Ginger and Garlic Broccoli [calories 140-845]

**Dinner**  Roasted Vegetable Chili Rellenos (S,W), Spanish Rice (W,S) and Roasted Yellow Squash and Zucchini [calories 140-845]

### GLUTEN SOLUTION

**Lunch**  Chicken Piccata (M), Herb Lentil Pasta, Roasted Garlic Broccolini and Mediterranean Roasted Vegetables [calories 80 – 1400]

**Dinner**  Chicken Tinga, Mexican Rice (S), Calabacitas (M) and Roasted Butternut Squash with Chipotle [calories 50–585]

### 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**  Chicken Parm Sandwich (S,W,M) or Hamburger with Cheddar Cheese (S,W,M) with Shoestring Fries (S,W) [calories 170-990]

**Dinner**  BBQ Pork Sandwich with Coleslaw (W,S) or Turkey Burger (W,S), Sweet Potato Fries [calories 290–850]

**PIZZA**

| Lunch/Dinner | Cheese, Pepperoni, Veggie, Sausage, BBQ Chicken (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.