### Monday

#### Home

**Breakfast**
- Scrambled Eggs (E), Tater Tots (S), Turkey Sausage or Pork Bacon [calories 60 - 770]

**Lunch**
- Butter Chicken (M), Basmati Rice, Gatar Matar, and Turmeric Cauliflower [calories 75-795]

**Dinner**
- Chicken Tenders (S,W), Peas and Carrots, Steamed Broccoli Florets, Waffles (S,W,E,M,T)(Coconut), and Syrup [calories 40-720]

#### Round Grill

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

**Lunch/Dinner**
- Mac and Cheese Bar with assorted toppings [calories 285-890]

#### Vegan

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

**Lunch**
- Texas Mushroom Chili, Jasmine Rice and Turmeric Cauliflower [calories 180-730]

**Dinner**
- Lentil Falafel Bowl (SS), Fassolakia Lathera Greek Green Beans [calories 70-460]

#### Gluten Solution

**Lunch**
- Pork Carnitas, Cilantro Lime Rice, Roasted Butternut Squash with Chipotle, Fire Roasted Corn and Peppers (S) [calories 50 – 560]

**Dinner**
- Roasted Orange Balsamic Chicken (S), Brown and Wild Rice Pilaf with Apple Cider and Cranberries, Roasted Garlic Broccolini, and Braised Red Cabbage [calories 100–870]

#### Grill

**Lunch**
- Buffalo Chicken Nuggets (S,W) or Hamburger with Cheddar Cheese (W,M,S) with Waffle Fries (S) [calories 230-870]

**Dinner**
- Chicken Sandwich (W,S) or Hamburger with Cheddar Cheese (M,S,W) with Waffle Fries (S) [calories 270–870]

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

#### Pizza

**Lunch/Dinner**
- Cheese, Pepperoni, Veggie, Sausage (M, S, W) [calories 165-210]

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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.