**THURSDAY**

Menus subject to change.

### HOME

**Breakfast**  
Scrambled Eggs (E), Tater tots (S), Turkey Sausage and Pork Bacon [calories 180 - 1070]

**Dinner**  
Spaghetti (W), Meatballs (M,S,W), Marinara and Roasted Garlic Broccolini [calories 80-585]

### 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**  
Lentil Bolognese (T, Walnuts), Spaghetti (W), Roasted Garlic Broccolini and Eggplant Caponata [calories 580-860]

**Dinner**  
Black Bean Bowl and Seasoned Vegan Chicken (S, W) [calories 130-535]

### GLUTEN SOLUTION

**Lunch**  
Baked Marinated Chermoula Chicken (S), Spanish Style Potatoes, Swiss Chard with Pine Nuts and Golden Raisins (T, Pine Nuts) and Sauteed Zucchini and Tomatoes [calories 60 – 650]

**Dinner**  
Mole Chicken (S, T, Almonds), Arroz Blanco, Fire Roasted Sweet Corn and Peppers (S) and Roasted Butternut Squash with Chipotle [calories 80–950]

### 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 Nuggets (W, S) and Bacon Cheeseburger (M, W, S), Shoestring Fries (S, W) [calories 170-580]

**Dinner**  
Grilled Chicken Sandwich (M, S, W) or Bacon Cheeseburger (M, S, W) and Shoestring Fries (S, W) [calories 170–1130]

### 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.