Breakfast: Scrambled Eggs (E), Potatoes O'brien, Turkey Sausage, and Pork Bacon [calories 60 - 760]

Dinner: Cider Brined Pork Loin, Creamy Herb Polenta (M), Roasted Brussels Sprouts with Caramelized Onions (M) and Roasted Cauliflower with Apples and Pecans (T, Pecans) [calories 100-675]

**TRANSFORMATION**

**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**: Lentil Falafel Bowl (SS) and Fassolakia Lathera Greek Green Beans [calories 460]

**Dinner**: White Bean Cassoulet with Biscuits (S,W), Steamed Broccoli Florets and Brown Rice with Tomatoes, Onion and Basil [calories 5-355]

**GLUTEN SOLUTION**

**Lunch**: Grilled Marinated Chicken Breast (S), Mashed Potatoes (S), Corn and Steamed Spiced Broccoli [calories 40 – 470]

**Dinner**: Roasted Garlic Rosemary Chicken (M), Lemon Herb Rice, Honey Glazed Carrots (M), Garlic and Parmesan Roasted Cauliflower (M) [calories 90–570]

**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**: Hot Dog (W) or Chicken Nuggets (W,S), Shoestring Fries (W,S) [calories 170-620]

**Dinner**: Grilled Buffalo Chicken Sandwich (M,S,W) or Hamburger with Cheddar Cheese (M,S,W) and Shoestring Fries (S,W) [calories 170–640]

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

**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  S – Contains Soy  E – Contains Eggs
M – Contains Milk  P – Contains Peanuts  T – Contains Tree Nuts
SF – Contains Shellfish  SS – Contains Sesame  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.