HOME
Breakfast  Scrambled Eggs (E), Scrambled Egg Whites (E), Turkey Bacon, Pork Sausage, Breakfast Spiced Diced Potatoes Biscuits (E,W,S,M) and Gravy (S,W) [calories 60-890]
Lunch  Roasted BBQ Chicken, Mac and Cheese (M,S,W), Sweet Corn Succotash and Slow Collard Greens [calories 60-675]
Dinner  Fish and Chips (F,W,M), Peas and Carrots, French Fries (S) and Tartar Sauce (S,E) [calories 40-770]

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

VEGAN
Breakfast  Tofu Scramble (S), Vegan Sausage (S) and Vegan Pancakes (S,W) [calories 100-500]
Lunch  Bibimbap Bowl (S,W,SS) [calories 1035]
Dinner  Vegan Teriyaki “Chicken” (S,W), Vegetable Yakisoba (S,W) and Ginger & Garlic Broccoli [calories 140-845]

GLUTEN SOLUTIONS
Lunch  Roasted Spiced Cod (F), Buttermilk Mashed Yukon Potatoes (M), Garlic and Parmesan Roasted Cauliflower (M), and Honey Glazed Carrots (M) [calories 90-470]
Dinner  Grilled BBQ Chicken, BBQ Baked Beans (F), Slow Cooked Collard Greens and Spiced Green Beans [calories 35-585]

GRILL
Breakfast  Sausage, Egg, and Cheese Croissant (M,E,W), Egg, Spinach, and Cheese Croissant (M,E,W), and French Toast Sticks (M,S,W,E) [calories 230-475]
Lunch  Crispy Bacon Swiss Sandwich (S,W,M), Bacon Cheeseburger (S,W) and Shoestring Fries (S,W) [calories 170-900] Available upon request - Veggie Burger (S,W) [calories 280]
Dinner  Chicken Nuggets (S,W), Bacon Cheeseburger (S,W) and Tater Tots [calories 150-560] Available upon request - Veggie Burger (S,W) [calories 280]

PIZZA
Lunch/Dinner  Cheese (M,S,W), Pepperoni (M,S,W), Veggie (M,S,W), Garlic Pizza (M,S,W) [calories 165-325]

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.