Monday
Menus subject to change.

HOME

Breakfast  Scrambled Eggs (E), Scrambled Egg Whites (E), Turkey Bacon, Pork Sausage, Potatoes O’Brien Biscuits (E,W,S,M) and Gravy (S,W) [calories 60-890]
Lunch  Grilled Jerk Chicken (S), Jasmine Rice, Fried Plantains, Steamed Spiced Broccoli, and Pineapple Salsa [calories 40-850]
Dinner  Spaghetti (W), Meatballs (S,M,W), Roasted Garlic Broccolini, Eggplant Caponata and Marinara Sauce [calories 80-870]

TRANSFORMATION

Lunch/Dinner  Hot Dog Bar with assorted toppings [calories 440-775]

VEGAN

Breakfast  Tofu Scramble (S), Vegan Sausage (S) and Vegan Pancakes (S,W) [calories 100-500]
Lunch  Pasta e Lenticche (W) and Zucchini Agrodolce (T-pinenuts) [calories 185-375]
Dinner  Stuffed Mushroom (T-walnuts), Cauliflower Stuffing, Mashed Sweet Potatoes (T-coconut) [calories 105-955]

GLUTEN SOLUTIONS

Lunch  Grilled Herb Marinated Flank Steak, Roasted Lemon Parsley Red Potatoes, Roasted Asparagus, Garlic and Parmesan Roasted Cauliflower (M) [calories 90 -750]
Dinner  Maple Pork Chops (S), Garlic Mashed Potatoes, Sauteed Mixed Vegetables, and Slow Cooked Collard Greens [calories 60-900]

GRILL

Lunch  BBQ Chicken Sandwich (W,S), Sweet Potato Fries and Hamburger with Cheddar Cheese (S,W,M) [calories 70-890] Available upon request - Veggie Burger (S,W) [calories 280]
Dinner  Grilled Buffalo Chicken Sandwich (M,S,W), Bacon Cheeseburger (S,W) and Shoestring fries (S,W) [calories 280-880] Available upon request - Veggie Burger (S,W) [calories 280]

PIZZA

Lunch/Dinner  Cheese (M,S,W), Pepperoni (M,S,W), Veggie (M,S,W), and BBQ Chicken (M,S,W) [calories 165-325]