Tuesday

Menus subject to change.

HOME

Breakfast  Scrambled Eggs (E), Scrambled Egg Whites (E), Turkey Sausage, Pork Bacon, Shredded Hash Browns Biscuits (E,W,S,M) and Gravy (S,W) [calories 60-680]
Lunch  Kalua Pork, Seasoned Stir Fry Vegetables (S), Coconut Rice (T-coconut), and Ginger Bok Choy (S,SS) [calories 70-610]
Dinner  Beef Barbacoa, Cilantro Lime Rice, Mexican Street Corn (M), and Calabacitas (M) [calories 150-680]

TRANSFORMATION

Lunch/Dinner  Taco Bar with assorted toppings [calories 145-845]

VEGAN

Breakfast  Tofu Hash (S), Vegan Sausage (S) and Vegan French Toast (S,W) [calories 100-450]
Lunch  Roasted Vegetable Chili Rellenos (W), Spanish Rice, and Roasted Yellow Squash Zucchini [calories 60-330]
Dinner  Lentil Falafel Bowl (SS), Fassolakia Lathera and Vegan “Chicken” Souvlaki (S) [calories 70-560]

GLUTEN SOLUTIONS

Lunch  Dijon Maple Chicken Thighs, Creamy Parmesan Pesto Polenta (M), Mediterranean Roasted Vegetables, Spiced Green Beans [calories 35-595]
Dinner  Pot Roast (S), Herb Mashed Potatoes (M), Honey Glazed Carrots (M) and Gravy [calories 100-445]

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  Bacon Grilled Cheese (S,W,M), Turkey Burger with Pepper Jack Cheese (S,W,M) and Waffle Fries [calories 210 – 730] Available upon request - Veggie Burger (S,W) [calories 280]
Dinner  BBQ Pork Sandwich with Coleslaw (S,W), Chicken Nuggets (S,W) and Curly Fries (S,W) [calories 160-680] 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 (M,S,W) [calories 165-325]