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  Creamy Dijon and Rosemary Chicken Breast (M), Brown and Wild Rice Pilaf with Apple Cider and Cranberries, Garlic and Parmesan Roasted Cauliflower and Pesto Green Beans (M) [calories 90-570]
Dinner  Maple Pork Chops (S), Pumpkin Spiced Sweet Potatoes, Roasted Cauliflower with Apples and Pecans (T-pecans) and Sauteed Mixed Vegetables [calories 100-930]

TRANSFORMATION

Lunch/Dinner  Mac and Cheese 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  Lentil Bolognese (T-walnuts), Spaghetti (W), Roasted Garlic Broccolini and Eggplant Caponata [calories 80-860]
Dinner  Black Bean Bowl and Taco Seasoned “Chicken” (S) [calories 180-585]

GLUTEN SOLUTIONS

Lunch  Sweet and Sour Pork (S), Jasmine Rice, Ginger Bok Choy (S,SS) and Spiced Green Beans [calories 35-495]
Dinner  Butter Chicken (M), Basmati Rice, Sugar Snap Peas and Baby Carrots and Cauliflower with Turmeric and Raisins [calories 75-615]

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  Chicken Bacon Ranch Sandwich (W,S,E), Sweet Potato Fries, and Bacon Cheeseburger (S,W) [calories 180 – 1540] Available upon request - Veggie Burger (S,W) [calories 280]
Dinner  BBQ Chicken Sandwich (S,W), Turkey Burger with Pepper Jack Cheese (M,S,W) and Waffle Fries [calories 210-570] 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]

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.