Wednesday
Menus subject to change.

HOME

Breakfast  Scrambled Eggs (E), Scrambled Egg Whites (E), Turkey Bacon, Pork Sausage, Tater Tots (S)
Biscuits (E,W,S,M) and Gravy (S,W) [calories 60-890]
Lunch  Beef Bolognese, Whole Wheat Penne Pasta (W), Sauteed Yellow Squash and Zucchini and Roasted Garlic Broccoli [calories 5-905]
Dinner  Orange Chicken (S,W,SS), Jasmine Rice, Chinese Style Green Beans (S,SS), Ginger Bok Choy (S,SS) [calories 70-930]

TRANSFORMATION

Lunch/Dinner  Wing Bar with assorted toppings [calories 110-1125]

VEGAN

Breakfast  Tofu Scramble (S), Vegan Sausage (S) and Vegan Pancakes (S,W) [calories 100-500]
Lunch  Texas Mushroom Chili, Jasmine Rice, Spiced Green Beans, Butternut Squash Succotash [calories 35-665]
Dinner  Mushroom Street Tacos (S,T-cashew), Mexican Rice (S), Corn Tortillas, Lettuce and Diced Tomatoes [calories 95-295]

GLUTEN SOLUTIONS

Lunch  Grilled Marinated Chicken Breast (S), Mashed Potatoes, Corn, Steamed Spiced Broccoli [calories 40-480]
Dinner  Seared Salmon with Cranberry Citrus Sauce (F), Brown and Wild Rice Pilaf with Apple Cider and Cranberries, Roasted Baby Carrots with Thyme and Lemon Zest [calories 80-550]

GRILL

Breakfast  Ham, Egg, and Cheese Biscuit (M,S,W,E), Egg, Spinach and Cheese Biscuit (M,S,W,E) and Pancakes (M,E,W) [calories 400-460]
Lunch  Chicken Nuggets (S,W), Hamburger with Cheddar Cheese (M,S,W) and Shoestring Fries (S,W) [calories 170-1130] Available upon request - Veggie Burger (S,W) [calories 280]
Dinner  Turkey and Swiss Sandwich (M,S,W), Hamburger with Cheddar Cheese (M,S,W) and Sweet Potato Fries [calories 180-650] Available upon request - Veggie Burger (S,W) [calories 280]

PIZZA

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