WEDNESDAY

Menus subject to change.

**HOME**

**Breakfast**
Scrambled Eggs (E), Hash Brown Patty (S), Turkey Sausage and Pork Bacon [calories 60 - 490]

**Dinner**
Roasted Turkey (S), Spiced Green Beans, Herb Mashed Potatoes (M) and Mushroom Gravy (S) [calories 35-510]

**TRANSFORMATION**

**Lunch/Dinner**
Hot Dog Bar with assorted toppings [calories 220-990]

**VEGAN**

**Breakfast**
Available Upon Request - Sweet Potato Tofu Hash, Breakfast Burrito (S), Breakfast Sandwich (S, W), Breakfast Sausage (S, W) [calories 140-1190]

**Lunch**
Stuffed Mushroom (T, Walnuts), Cauliflower Stuffing and Mashed Sweet Potatoes (T, Coconut) [calories 105-955]

**Dinner**
Taco Seasoned Tofu (S) and Flour Tortilla (S,W) [calories 90-270]

**GLUTEN SOLUTION**

**Lunch**
Maple and Walnut Crusted Salmon (F,T, Walnuts), Buttermilk Mashed Yukon Potatoes (M), Cranberry Brown Butter Brussels Sprouts (M) and Honey Glazed Carrots (M) [calories 100 – 1290]

**Dinner**
Roasted Thai Chicken (F), Khao Phad Fried Rice (S, SF, Oysters), Ginger Bok Choy (S, SS) and Seasoned Stir Fry Vegetables (S) [calories 70–600]

**GRILL**

**Breakfast**
Made to Order - Pancakes (E, S, M, W), French Toast (E, S, M, W), Biscuits (M, E, S, W) and Sausage Gravy (W, M) [calories 80-800]

**Lunch**
Grilled Buffalo Chicken Sandwich (M,S,W) or Hamburger with Cheddar Cheese (M,S,W) and Tater Tots (S) [calories 400-870]

**Dinner**
BBQ Pork Sandwich with Coleslaw (W,S) or Turkey Burger (W,S), Sweet Potato Fries [calories 290–850]

**Available upon request - Incogmeato Burger (W,S) or Veggie Burger (W,S) [calories 220-280]**

**PIZZA**

**Lunch/Dinner**
Cheese, Pepperoni, Veggie, Sausage, BBQ Chicken (M, S, W), Caesar Salad (M,W,S,E,F, Anchovies) [calories 165-210]

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.