

## SUNDAY

*Menus subject to change.*

## HOME

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**Dinner** Grilled Herb Marinated Flank Steak (GF), Honey Glazed Carrots (GF,V,M), Sautéed Zucchini & Tomatoes (V,GF), Herb Roasted Potatoes (VG,GF). [Calories 60-500]

## VEGAN

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**Dinner** Chana Masala, Steamed Rice Basmati (GF), Cauliflower Roasted Turmeric (GF), Gatar Matar (GF). [Calories 75- 695]

## GLUTEN SOLUTION

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**Dinner** Roasted BBQ Chicken (S), Rosemary Garlic Red Potatoes, BBQ Baked Beans (F), Sweet Corn Succotash (VG). [Calories 80-790]

## GRILL

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**Dinner** Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (V,M,W,S), Buffalo Chicken Nuggets (W,S), Shoestring Fries (V,W,S), Lettuce, Tomato, Onion, Pickle. [Calories 5-1505]

## PIZZA

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**Dinner** Cheese (V,M,W,S), Pepperoni (M,W,S), Veggie (V,M,W,S), Sausage (M,S,W, E). [Calories 290-360]

W – Contains Wheat  
M – Contains Milk  
SF – Contains Shellfish

S – Contains Soy  
P – Contains Peanuts  
SS – Contains Sesame

E – Contains Eggs  
T – Contains Tree Nuts  
F – Contains Fish

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional Nutrition information available upon request.

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## MONDAY

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## HOME

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**Breakfast** Croissant (V,M,W), English Muffin (VG,W), White Bagel (VG,W), Flour Tortilla (VG,W), Egg Patty (V,M,E), Cheddar Cheese (V,M), Ham, Bacon, Sliced Tomato, Pepper Jack Slice (V,M), Spinach, Sausage Patty, Sausage Gravy (M,W), Biscuits (V,M,S,W,E). [Calories 3-1753]

**Lunch** Barbacoa (GF), Corn Mexican Street (M,V,GF), Cilantro Lime White Rice (GF,VG), Calabacitas (V,GF,M). [Calories 150-680]

**Dinner** Maple Pork Chop (GF), Pumpkin Spiced Sweet Potato (GF,VG), Roasted Cauliflower (VG,GF), Green Beans with Lemon & Mint (VG,GF,S).[Calories 160-1010]

## ROUND GRILL

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**Breakfast** Scrambled Eggs (E,V,GF), Sausage Links, Shredded Hash Browns (GF), Bacon, Blueberry Pancake (E,W,S,M,V), Sausage Gravy (W,M), Biscuits (V,E,W,S,M), Plain Pancake (E,W,S,M,V), French Toast (E,W,S,M,V), Chocolate Chip Pancake (E,W,S,M,V). [Calories 80-1870]

**Lunch** Pasta Bar; Bowtie Pasta (VG,W), Alfredo (S,M), Marinara (S,VG), Bread Stick (W), Fajita Chicken, Yellow Onions, Green Peppers, Sliced Mushrooms, Fresh Spinach, Diced Tomato, Pesto, Parmesan Cheese (M), Whole Wheat Penne (VG,W). [Calories 5-1,815]

## VEGAN

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**Breakfast** Vegan Breakfast Burrito (W), Vegan Sausage Patty (S,W), Sweet Potato Tofu Hash. [Calories 100-860]

**Lunch** Lentil Falafel Bowl (SS), Fassolokia Lathera Greek Green Beans (GF), Vegan Chocolate Chip Cookie. [Calories 70-460]

**Dinner** Chickpea Gumbo, Vegetable Dirty Rice (GF), Spiced Green Beans (GF), Roasted Cauliflower. [Calories 35-540]

## GLUTEN SOLUTION

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**Breakfast** Scrambled Eggs (E), Bacon, Turkey Sausage Link, Shredded Hash Browns. [Calories 60-680]

**Lunch** Grilled Marinated Chicken Breast (S), Mashed Potatoes (VG,S), Corn, Gluten Free Gravy. [Calories 5-435]

**Dinner** Taco Seasoned Ground Turkey, Mexican Rice (S), Pineapple Salsa (VG), Mexican Street Corn (V,M), Lime Crema (M,V). [Calories 40-655]

## GRILL

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**Lunch** Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (V,M,W,S), Chicken Bacon Ranch Sandwich (E,M,W), Sweet Potato Fries (V), Lettuce, Tomato, Onion, Pickle [Calories 5-2095]

**Dinner** Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (V,M,W,S), Bacon Cheese Burger (S,W), Sweet Potato Fries (V), Lettuce, Tomato, Onion, Pickle. [Calories 5-2480]

## PIZZA

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**Lunch/Dinner** Cheese (V,M,W,S), Pepperoni (M,W,S), Veggie (V,M,W,S), BBQ Chicken (M,S,W). [calories 290-1240]

W – Contains Wheat  
M – Contains Milk  
SF – Contains Shellfish

S – Contains Soy  
P – Contains Peanuts  
SS – Contains Sesame

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T – Contains Tree Nuts  
F – Contains Fish

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## TUESDAY

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### HOME

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**Breakfast** Croissant (V,M,W), English Muffin (VG,W), White Bagel (VG,W), Flour Tortilla (VG,W), Egg Patty (V,M,E), Cheddar Cheese (V,M), Ham, Bacon, Sliced Tomato, Pepper Jack Slice (V,M), Spinach, Sausage Patty, Sausage Gravy (M,W), Biscuits (V,M,S,W,E). [Calories 3-1753]

**Lunch** Grilled Jerk Chicken Thighs (S), Salty Plantains (VG), Jerk Quinoa (VG,GF,S), Jerk Green Beans (VG,GF), Pineapple Salsa (VG,GF). [Calories 20-970]

**Dinner** Maple Walnut Crusted Salmon (F,T), Long Grain White Rice, Roasted Asparagus, Succotash & Butternut Squash [Calories 140-1650]

### Round Grill

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**Breakfast** Scrambled Eggs (E,V,GF), Bacon, Sausage Link, Potatoes O' Brien, Sausage Gravy (M,W), Biscuits (V,M,S,W,E), Plain Pancake (M,S,W,E,V), French Toast (M,S,W,E,V), Blueberry Pancake (E,W,S,M,V) Chocolate Chip Pancake (M,S,W,E,V). [Calories 60-1850]

**Lunch/Dinner** Taco Bar; Tortilla (VG,W), Corn Tortilla (Vg,GF), Cilantro Lime Rice (VG,GF), Mexican Rice (VG,GF,S), Taco Seasoned Tofu (S,VG), Taco Seasoned Ground Turkey (GF), Beef Barbacoa (W), Fajita Chicken, Black Beans, Refried beans, Shredded lettuce, Shredded Cheddar(M), Cheese Sauce (M), Salsa (VG,GF), Sour Cream (V,GF,M), Diced Tomato. [Calories 5-1725]

### VEGAN

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**Breakfast** Vegan Breakfast Sandwich(W,S), Vegan Sausage Patty (S,W), Vegan Scrambled Eggs (GF). [Calories 100-620]

**Lunch** Mushroom Street Tacos (VG,S,T- Coconut), Corn Tortilla, Diced Tomato, Steamed Coconut Rice (GF,T- Coconut), Black Beans, Vegan Mozzarella Cheese. [Calories 50-615]

**Dinner** Tofu Sweet Mustard (S), Herb Roasted Potatoes (GF), Ginger Snap Peas (GF),Roasted Yellow Squash & Zucchini (GF). [Calories 60-390]

### GLUTEN SOLUTION

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**Breakfast** Scrambled Eggs (E), Turkey Bacon, Pork Sausage Link, Potatoes O'Brien (V), Gluten Free Pancakes (E,M). [Calories 60-760]

**Lunch** Pot Roast (S), Blanched Green Beans (VG), Roasted Potatoes with Lemon Vinaigrette (VG), Peas & Carrots (VG). [Calories 40-460]

**Dinner** Sweet and Sour Pork (S), Brown Rice Vegetable (V), Broccoli Garlic Stir Fry (VG). [Calories 140-910]

### GRILL

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**Lunch** Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (V,M,S,W), Corn Dog (W,S,E), House Made Chips (VG), Lettuce, Tomato, Onion, Pickle. [Calories 5-2320]

**Dinner** Fried Chicken Sandwich (W), Turkey Burger (S),

Grilled Cheese Sandwich (M,W,S), Buffalo Chicken Sandwich (M,S,W), House Made Chips (VG), Lettuce, Tomato, Onion, Pickle. [Calories 5-1725]

### PIZZA

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**Lunch/Dinner** Cheese (V,M,W,S), Pepperoni (M,W,S), Veggie (V,M,W,S), Garlic Pizza (V,M,S,W, E). [Calories 290-1250]

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## WEDNESDAY

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## HOME

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**Breakfast** Croissant (V,M,W), English Muffin (VG,W), White Bagel (VG,W), Flour Tortilla (Vg,W), Egg Patty (V,M,E), Cheddar Cheese (V,M), Ham, Bacon, Sliced Tomato, Pepper Jack Slice (V,M), Spinach, Sausage Patty, Sausage Gravy (M,W), Biscuits (V,M,S,W,E) [Calories 3-1753]

**Lunch** Kalua Pork, Rice Coconut Steamed (VG,GF,T), Red Braised Cabbage (VG,GF), Steamed Green Beans (VG,GF). [Calories 35-545]

**Dinner** Beef Bolognese Sauce (GF), Penne Pasta (W,V), Roasted Garlic Broccoli (VG,GF), Roasted Squash & Zucchini (VG,GF). [Calories 60-450]

## Round Grill

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**Breakfast** Scrambled Eggs (V,E), Bacon, Sausage Patty, Breakfast Spiced Potatoes (VG,GF), Sausage Gravy (M,W), Biscuits (V,M,S,W,E), French Toast (V,M,S,W,E), Plain Pancake (V,M,S,W,E), Blueberry Pancake (V,M,S,W,E), Chocolate Chip Pancake (V,M,S,W,E). [Calories 80-1665]

**Lunch/Dinner** Wing Bar; Chicken Wings, Cauliflower Wings (V,E,W,S,M), Mild Sauce (M), Hot Sauce, BBQ Sauce, Sweet Chili Sauce (S), Celery Sticks, Baby Carrots, Ranch Dressing (V,E,M), Bleu Cheese Dressing (V,E,M), Potato Salad (V,E,S), House Made Chips (VG). [Calories 10-1187]

## VEGAN

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**Breakfast** Vegan Banana Pancakes (W,S), Vegan Sausage Patty (S,W), Tofu Scramble Pepper & Onion (S). [Calories 100-500]

**Lunch** Bibimbap Bowl (W,S,SS), Vegan Chocolate Chip Cookie. [Calories 1035]

**Dinner** Penne Pasta (W), Marinara, Mediterranean Roasted Vegetables (GF), Vegan Chicken (S). [Calories 30-460]

## GLUTEN SOLUTION

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**Breakfast** Scrambled Eggs (E), Pork Bacon, Turkey Sausage Patty, Spiced Diced Potato (VG). [Calories 60-475]

**Lunch** Blackened Cod (F), Spinach & Mushrooms (VG,S), Roasted Yellow Squash and Zucchini (VG), Potato Salad (E,V). [Calories 60-780]

**Dinner** Roasted Orange Balsamic Chicken (S), Classic Green Bean Casserole (VG), Buttermilk Mashed Yukon Potatoes (V,M), Ginger Snap Pea (VG). [Calories 80-950]

## GRILL

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**Lunch** Fried Chicken Sandwich (S,W), Turkey Burger(S), Grilled Cheese Sandwich (V,M,W,S), Chicken Parmesan Sandwich (M,S,W), Waffle Fries (VG), Lettuce, Tomato, Onion, Pickle [5-2125]

**Dinner** Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (V,M,W,S), BBQ Chicken Nuggets (M,S,W), Waffle Fries (VG), Lettuce, Tomato, Onion, Pickle. [Calories 5-2330]

## PIZZA

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**Lunch/Dinner** Cheese (V,M,W,S), Pepperoni (M,W,S), Veggie (V,M,W,S), Mac & Cheese Pizza (V,M,S,W, E). [calories 290-1310]

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## THURSDAY

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## HOME

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**Breakfast** Croissant (V,M,W), English Muffin (VG,W), White Bagel (VG,W), Flour Tortilla (VG,W), Egg Patty (V,M,E), Cheddar Cheese (V,M), Ham, Bacon, Sliced Tomato, Pepper Jack Slice (V,M), Spinach, Sausage Patty, Sausage Gravy (M,W), Biscuits (V,M,S,W,E). [Calories 3-1753]

**Lunch** Oven Baked Ham (GF,M), Yams with Oat Crumble (V,W,M,S), Green Bean Casserole (V,GF,M), Corn Muffin (V,M,W). [Calories 110-860]

**Dinner** Moroccan Spice Roasted Chicken (GF), Turmeric Jasmine Rice (VG,GF), Gatar Matar (VG,GF), Cauliflower with Turmeric & Raisins (VG,GF). [Calories 75-835]

## ROUND GRILL

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**Breakfast** Scrambled Eggs (E,V,GF), Bacon,Sausage Patty, Triangle Hash Browns (S), Sausage Gravy (M, W), Biscuits (V,E, W, S, M), French Toast (E, W, S, M, V), Plain Pancake (E, W, S, M, V), Blueberry Pancake (E, W, S, M, V), Chocolate Chip Pancake (E, W, S, M, V). [Calories 60-1,580]

**Lunch/Dinner** Stir Fry Bar; Spiced Chicken (SS), Spiced Pork (SS), Spiced Tofu (VG,SS, S), Spiced Beef (SS), Brown Rice (GF,VG), Lo Mein Noodles (W,S), Sweet and Sour Sauce (S), Teriyaki Sauce (S), Sweet Chili Sauce (SS, S), Stir Fry Sauce (S), Stir Fry Vegetables (S, VG, GF), Sesame Seed Blend (SS), Fortune Cookie (E, W, S), Soy Sauce (S). [Calories 20-2,590]

## VEGAN

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**Breakfast** Vegan Breakfast Burrito (W), Vegan Sausage Patty (S,W), Sweet Potato Tofu Hash. [Calories 100-860]

**Lunch** Vegetable Yakisoba (W,S), Vegan Teriyaki Chicken (S), Ginger Bok Choy (GF,S,SS), Roasted Mushrooms (GF). [Calories 50-770]

**Dinner** Taco Seasoned Tofu (S), Vegan Mozzarella Cheese, Mexican Rice (GF,S), Calabacitas (GF), Corn Tortilla, Diced Tomato, Diced Onion, Shredded Lettuce. [Calories 5-690]

## GLUTEN SOLUTION

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**Breakfast** Scrambled Eggs (E), Turkey Bacon, Sausage Patty, Triangle Hash Browns (S), Gluten Free Pancakes (E,M). [Calories 60-610]

**Lunch** Bolognese Beef Sauce, Lentil Herb Pasta (V), Steamed Broccoli (VG), Jerk Green Beans (VG). [Calories 40-1280]

**Dinner** Honey Garlic Glaze Pork Loin (S), Sweet Potato, Roasted Asparagus (VG), Rosemary Roasted Cauliflower (VG). [Calories 130-800]

## GRILL

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**Lunch** Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (W,S), Grilled Cheese Sandwich (V,M,W,S), Nacho Cheese Grilled Cheese (V,W,S,M), Curly Fries (W,S), Lettuce, Tomato, Onion, Pickle. [Calories 5-2720]

**Dinner** Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (V,M,W,S), Turkey Burger with Pepper Jack (S,W,M), Curly Fries (W,S), Lettuce, Tomato, Onion, Pickle. [Calories 5-1615]

## PIZZA

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**Lunch/Dinner** Cheese (V,M,W,S), Pepperoni (M,W,S), Veggie (V,M,W,S), Margarita Pizza (V,M,W). [Calories 290-1120]

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## FRIDAY

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## HOME

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**Breakfast** Croissant (V,M,W), English Muffin (VG,W), White Bagel (VG,W), Flour Tortilla (VG,W), Egg Patty (V,M,E), Cheddar Cheese (V,M), Ham, Bacon, Sliced Tomato, Pepper Jack Slice (V,M), Spinach, Sausage Patty, Sausage Gravy (M,W), Biscuits (V,M,S,W,E). [Calories 3-1753]

**Lunch** Beer Battered Cod (W,F), Steak Fries (V,S), Spicy Peas & Carrots (VG,GF,SS), House Tartar Sauce (S,VG,GF). [Calories 60-725]

## ROUND GRILL

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**Breakfast** Scrambled Eggs (E,V,GF), Bacon, Sausage Link, Shredded Hash Browns (GF), Sausage Gravy (M,W), Biscuits (V,E,W,S,M), French Toast (E,W,S,M, V), Plain Pancake (E,W,S,M, V), Blueberry Pancake (E,W,S,M, V), Chocolate Chip Pancake (E,W,S,M, V). [Calories 100-1870]

**Lunch** Mac & Cheese Bar; Mac & Cheese (M,S,W), Vegan Mac & Cheese (W,VG), Chicken Nugget (W), Bacon Bits, Pulled Pork (GF), Blue cheese (M), Breadcrumbs (M,W,V), Broccoli (GF,VG), Cauliflower (VG,GF), Peppers & Onions (VG,GF), Tomatoes (VG,GF), BBQ Sauce, Hot Sauce, Ranch Dressing (S,E,M), Shredded Cheese (M). [Calories 5-1900]

## VEGAN

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**Breakfast** Vegan Breakfast Sandwich (W,S), Vegan Sausage Patty (S,W), Vegan Scrambled Eggs (GF). [Calories 100-670]

**Lunch** Stuffed Mushroom (S,W,T), Mashed Sweet Potatoes (GF,T), Cauliflower Stuffing, Sauteed Zucchini & Tomatoes (GF). [Calories 60-1015]

## GLUTEN SOLUTION

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**Breakfast** Scrambled Eggs (E), Bacon, Turkey Sausage Link, Shredded Hash Browns. [Calories 60-680]

**Lunch** Herb Lentil Pasta (V), Roasted Garlic Broccolini (VG), Roasted Garlic Parmesan Cauliflower (M), Grilled Chicken Parmesan (M,S). [Calories 80-1280]

## GRILL

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**Lunch** Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (V,M,W,S), Chicken Nuggets (W,S), Tater Tots (S), Lettuce, Tomato, Onion, Pickle. [Calories 5-1715]

## PIZZA

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**Lunch/Dinner** Cheese (V,M,W,S), Pepperoni (M,W,S), Veggie (V,M,W,S), Buffalo Chicken Pizza (M,S,W). [Calories 290-1250]

W – Contains Wheat  
M – Contains Milk  
SF – Contains Shellfish

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