



SUNDAY

Menus subject to change.

HOME

Dinner Breaded Chicken Piccata (W,M), Spaghetti (W), Zucchini Agrodolce (VG,T-Pine Nuts), Steamed Spiced Broccoli (VG,GF). [Calories 40-780]

VEGAN

Dinner Lentil Bolognese (T), Spaghetti (W), Roasted Garlic Broccolini (GF), Eggplant Caponata. [Calories 50-860]

GLUTEN SOLUTION

Dinner Green Beans with Lemon and Mint (VG,S), Garlic Mashed Potatoes with Olive Oil (VG), Sliced Ham (M), Carrots Roasted with Thyme & Lemon (V). [Calories 80- 520]

GRILL

Dinner Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (V,M,W,S), Buffalo Nuggets (W,S), Shoestring Fries (S,W), Lettuce, Tomato, Onion, Pickle. [Calories 5-1795]

PIZZA

Dinner Cheese (V,M,W,S), Pepperoni (M,W,S), Veggie (V,M,W,S), Margarita Pizza (V,M,W). [Calories 290-310]

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E – Contains Eggs
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F – Contains Fish

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MONDAY

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HOME

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 Beef Meatloaf (E,M,W), Herb Mashed Potatoes (V,M), Cauliflower Stuffing (S,W,VG), Green Bean Casserole (V,GF,M). [Calories 105-625]

Dinner Chicken Cacciatore, Herb Pasta (V,W), Garlic Broccolini (VG,GF), Herb Roasted Potatoes (GF). [Calories 60-730]

ROUND GRILL

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

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

VEGAN

Breakfast Vegan Banana Pancakes (W,S), Vegan Sausage Patty (S,W), Vegan Scrambled Eggs (GF). [Calories 100-450]

Lunch Pasta E Lenticchie (W), Zucchini Agrodolce (T- Pine Nuts), Mediterranean Roasted Vegetables (GF), Roasted Mushrooms (GF), Vegan Chocolate Chip Cookie. [Calories 50-605]

Dinner Vegan Teriyaki Chicken (S), Brown Rice Steamed (GF), Stir Fry Vegetables (GF,S), Ginger & Garlic Broccoli (GF). [Calories 130-690]

GLUTEN SOLUTION

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

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

Dinner Chicken Souvlaki Grilled, Flasolakia Lathera Greek Green Beans (VG), Squash Yellow Zucchini with Onion and Feta (V,M), Lemon Herb Rice (V). [Calories 7-607]

GRILL

Lunch Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich V,(M,W,S), Chicken Bacon Ranch Sandwich (W,S,M), Sweet Potato Fries, 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 (M,S), Sweet Potato Fries, Lettuce, Tomato, Onion, Pickle. [Calories 5-2590]

PIZZA

Lunch/Dinner Cheese (V,M,W,S), Pepperoni (M,W,S), Veggie (V,M,W,S), Buffalo Chicken (M,W,S). [Calories 290-310]

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TUESDAY

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HOME

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 Cajun Jambalaya (SF), Collard Greens (VG,GF), Garlic Roasted Okra (VG,GF), Spiced Green Beans (VG,GF). [Calories 35-360]

Dinner Pork Carne Adovada, Brown Red Rice (VG,GF), Fire Roasted Peppers and Sweet Corn (V,GF), Calabacitas (V,GF,M). [Calories 80-680]

ROUND GRILL

Breakfast Scrambled Eggs (E,V,GF), Bacon, Sausage Link, Potatoes O'Brien (V), Blueberry Pancake (M,S,W,E,V), Sausage Gravy (M,W), Biscuits (V,M,S,W,E), Plain Pancake (M,S,W,E,V), French Toast (M,S,W,E,V), Chocolate Chip Pancake (M,S,W,E,V). [Calories 80-1850]

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

VEGAN

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

Lunch Bibimbap Bowl (S,W,SS). [Calories 1035]

Dinner Vegan Mac & Cheese (W), Texas Mushroom Chili, Cauliflower Roasted (GF), Roasted Garlic Broccolini (GF). [Calories 50-410]

GLUTEN SOLUTION

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

Lunch Seared Salmon with Citrus Sauce (F), Rice Pilaf (VG), Roasted Asparagus (VG), Honey Glazed Carrots (V,M). [Calories 100-660]

Dinner Mole Chicken (T), Fire Roasted Peppers and Sweet Corn (V), Spanish Style Roasted Potatoes (VG), Sautéed Zucchini & Tomatoes (VG). [Calories 60-830]

GRILL

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

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

PIZZA

Lunch/Dinner Cheese (V,M,W,S), Pepperoni (M,W,S), Veggie (V,M,W,S), Garlic (V,M,W,S). [Calories 290-350]

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WEDNESDAY

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HOME

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 Crispy Chicken Parmesan (M), Spaghetti (VG,W), Marinara, Roasted Cauliflower (VG,GF), Roasted Garlic Broccolini (VG,GF), Breadstick. [Calories 45-835]

Dinner Psari Plaki Cod (S,F), Herb Rice Pilaf (VG,GF), Fassolakia Lathera Greek Green Beans (VG,GF), Roasted Cauliflower with Sweet Chili Sauce. [Calories 70-495]

ROUND GRILL

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

Lunch Tandoori Bar; Tandoori Chicken (M, S, GF), Tandoori Tofu (S,VG,GF), Green Peppers (VG,GF), Red Peppers (VG,GF), Red Onion (VG,GF), Lemon Wedge (VG,GF), Cucumbers (VG,GF), Tzatziki (M,GF), Naan (M,W,E), Steamed Jasmine Rice (VG,GF), Vegetable Samosa (W), Vegetable Tikkis (GF). [Calories 5-865]

VEGAN

Breakfast Vegan Breakfast Sandwich (W,S), Vegan Sausage Patty (S,W), Tofu Scrambled Pepper & Onion (S). [Calories 100-670]

Lunch Taco Seasoned Gardein (W,S), Corn Tortilla, Diced Tomato, Diced Onion, Black Beans, Vegan Mozzarella Cheese, Shredded Lettuce, Vegan Chocolate Chip Cookie. [Calories 5- 455]

Dinner Crispy Fried Tofu Teriyaki Bites (W,S), Brown Rice Steamed (GF), Bok Choy Stir Fry (GF,SS), Chinese Style Green Beans (S,SS). [Calories 45-675]

GLUTEN SOLUTION

Breakfast Scrambled Eggs (E), Pork Bacon, Turkey Sausage Patty, Spiced Diced Potato (VG). [Calories 80-575]

Lunch Herb Roasted Pork Loin, Mashed Sweet Potatoes (VG,T-Coconut), Roasted Cauliflower with Pecans (VG,T-Pecans), Roasted Cherry Tomatoes (S,VG). [Calories 50-1170]

Dinner Chicken Tinga, Spanish Brown Rice (VG), Calabacitas (V,M), Peas Spicy (VG,SS). [Calories 60-960]

GRILL

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

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

PIZZA

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

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THURSDAY

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HOME

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 Maple Pork Chop, Roasted Maple Brined (S), Roasted Butternut Squash (VG,GF), Roasted Cauliflower (VG,GF), Steamed Spiced Green Beans (VG,GF). [Calories 35-775]

Dinner Butter Chicken (M), Steamed Basmati Rice (VG,GF), Gatar Matar (GF), Cauliflower with Turmeric & Raisins (VG,GF) [Calories 75-615]

ROUND GRILL

Breakfast Scrambled Eggs (E,V,GF), Sausage Patty, Triangle Hash Browns, Turkey Bacon, Blueberry Pancake (M,S,W,E,V), Sausage Gravy (M,W), Biscuits (V,M,S,W,E), Plain Pancake (M,S,W,E,V), French Toast (M,S,W,E,V), Chocolate Chip Pancake (M,S,W,E,V). [Calories 80-1580]

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 (E,M), Blue Cheese (E,M), Potato Salad (E,S), House Made Chips (VG). [Calories 12-1097]

VEGAN

Breakfast Vegan Banana Pancakes (W,S), Vegan Sausage Patty (S,W), Vegan Scrambled Eggs (GF). [Calories 100-450]

Lunch White Sun Dried Tomato Stew Beans, Roasted Potatoes with Lemon Vinaigrette (GF), Roasted Brussels Sprouts (GF). [Calories 150-680]

Dinner Three Bean Mile High Chili, Tater Tots (VG,GF), Vegan Mozzarella Cheese. [Calories 80-600]

GLUTEN SOLUTION

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

Lunch Maple Walnut Crusted Salmon (S,T), Roasted Garlic Broccolini (VG), Brown & Wild Rice Pilaf with Apple Cider & Cranberries, Honey Glazed Carrots (V,M). [Calories 80-1050]

Dinner Turkey Sloppy Joe's, Succotash Sweet Corn (V), Steamed Spiced Broccoli (VG), House Potato Chip (VG), Gluten Free Bun (S). [Calories 40-680]

GRILL

Lunch Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (V,M,W,S), Nacho Cheese Grilled Cheese (S,W,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

Lunch/Dinner Cheese (V,M,W,S), Pepperoni (M,W,S), Veggie (V,M,W,S), BBQ Chicken (M,W,S). [Calories 290-340]

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FRIDAY

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HOME

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 Chicken Tinga (GF), Mexican Rice (S,VG,GF), Zucchini Roasted Cotija (V,M), Mexican Street Corn (M,GF,V). [Calories 80-625]

ROUND GRILL

Breakfast Scrambled Eggs (E,V,GF), Sausage Link, Shredded Hash Browns, Bacon, Blueberry Pancake (M,S,W,E,V), Sausage Gravy (M,W), Biscuits (V,M,S,W,E), Plain Pancake (M,S,W,E,V), French Toast (M,S,W,E,V), Chocolate Chip Pancake (M,S,W,E,V). [Calories 80-1665]

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

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

Lunch Crispy Baked Orange Tofu (S), Jasmine Rice (GF), Ginger & Garlic Broccoli (GF), Ginger Snap Peas (GF). [Calories 80-550]

GLUTEN SOLUTION

Breakfast Scrambled Eggs (E), Bacon, Turkey Sausage Link, Shredded Hash Browns. [Calories 100-780]

Lunch Chicken Thighs Rioja Style, Brown Rice with Tomato (VG), Onion, & Basil, Zucchini Roasted Cotija (V,M), Seasoned Beans & Corn (VG). [Calories 110-730]

GRILL

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

PIZZA

Lunch/Dinner Cheese (V,M,W,S), Pepperoni (M,W,S), Veggie (V,M,W,S), Mac & Cheese (V,M,W,S). [Calories 290-410]

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