



SUNDAY

Menus subject to change.

HOME

Dinner Chicken Adobo (S), Fried Brown Rice (S, GF), Steamed Broccoli (VG), Stir Fried Vegetables (VG,GF,S). [Calories 40 - 665]

VEGAN

Dinner Taco Seasoned Gardein (S, W), Corn Tortilla, Diced Tomato, Diced Onions, Black Beans (GF), Vegan Mozzarella Cheese, Shredded Lettuce. [Calories 5-455]

GLUTEN SOLUTION

Dinner Seared Salmon with Lemon Parsley (F- Salmon), Vegetable Brown Rice (VG), Sugar Snap Peas & Baby Carrots (VG), Roasted Cauliflower with Pecans (VG, T-Pecan). [Calories 70-1060]

GRILL

Dinner Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (V,M,W,S), Buffalo Nuggets (W,S), Shoestring Fries (VG), Lettuce, Tomato, Onion, Pickle. [Calories 5-2330]

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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SF – Contains Shellfish

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

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

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MONDAY

Menus subject to change.

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 Viennese Style Goulash (GF), Buttered Noodles (V,W,M), Blistered Green Beans with Garlic (GF,VG), and Corn. [Calories 60-670]

Dinner Chicken Tikka Masala (M), Steamed Basmati Rice (VG,GF), Gatar Matar (VG,GF), Spiced Masala Potatoes (VG,GF). [Calories 75-745]

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 80-1870]

Lunch/Dinner Sir Fry Bar; Spiced Chicken (SS), Spiced Pork (SS), Spiced Tofu (SS,S, VG), Spiced Beef (SS), Brown Rice (VG, GF), Lo Mein Noodles (W,S), Sweet & Sour Sauce (S), Teriyaki Sauce (S), Sweet Chili Sauce (S,S), Stir Fry Sauce (S), Stir Fry Vegetables (S, VG, GF), Sesame Seed Blend (SS), Fortune Cookie (S,W,E), Soy Sauce (S). [Calories 20-2590]

VEGAN

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

Lunch Taco Seasoned Tofu (S), Mexican Rice (GF,S), Diced Tomato, Vegan Mozzarella Cheese, Corn Tortilla (GF), Calabacitas (GF), Shredded Lettuce, Diced Onion, Vegan Chocolate Chip. [Calories 80-680]

Dinner Palak Tofu (S), Rice Steamed Basmati (GF), Cauliflower with Turmeric & Raisins (GF), Sugar Snap Peas & Baby Carrots (GF). [Calories 70-480]

GLUTEN SOLUTION

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

Lunch Mashed Potato Bowl; Grilled Marinated Chicken Breast (S), Mashed Potatoes (S,VG), Corn, Gluten Free Gravy. [Calories 5-445]

Dinner Roasted Citrus Fennel Chicken Thigh, Green Beans with Lemon & Mint (VG,S), Lemon Parsley Roasted Red Potatoes (VG), Ginger & Garlic Broccoli (VG). [Calories 160-710]

GRILL

Lunch Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (V,M,W,S), Chicken Bacon Ranch Sandwich (W,E,M), Sweet Potato Fries (VG), Lettuce, Tomato, Onion, Pickle. [Calories 5-1945]

Dinner Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (V,M,W,S), Bacon Cheeseburger (W,S), Sweet Potato Fries (VG), Lettuce, Tomato, Onion, Pickle. [Calories 5-2650]

PIZZA

Lunch/Dinner Cheese (V,M,W,S), Pepperoni (M,W,S), Veggie (V,M,W,S), Buffalo Chicken Pizza (M,S,W). [calories 220-310]

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TUESDAY

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HOME

Breakfast Croissant (M,V,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 Spaghetti (VG,W), Meatballs (M,S,W), Roasted Broccoli (GF,VG), Marinara (S), Grilled Zucchini & Yellow Squash with Feta (V,M), Breadstick (V,M,S,W). [Calories 5-750]

Dinner Herb Roasted Pork Loin, Roasted Cauliflower (VG,GF), Steamed Broccoli (VG,GF), Herb Roasted Potatoes (VG,GF). [Calories 60-580]

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 (VG,W), Corn Tortilla (GF,VG), 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 (VG,GF), Sour Cream (V,M), Diced Tomato (VG,GF). [Calories 5-1725]

VEGAN

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

Lunch Black Bean Bowl. [Calories 1690]

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

GLUTEN SOLUTION

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

Lunch Grilled Chicken Piccata (M), Roasted Yellow Squash and Zucchini (VG), Honey Glazed Carrots (V,M), Baked Whole Potatoes (VG). [Calories 60-620]

Dinner Pork Curry with Squash (S,F), Steamed Spiced Broccoli (VG), Steamed Basmati Rice (VG), Fasolakia Lathera Greek Green Beans (VG). [Calories 40-620]

GRILL

Lunch Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (V,M,W,S), Corn Dog (E,S,W), House Made Chips (VG,S), Lettuce, Tomato, Onion, Pickle. [Calories 5-2420]

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,S), Lettuce, Tomato, Onion, Pickle. [Calories 5-1565]

PIZZA

Lunch/Dinner Cheese (V,M,W,S), Pepperoni (M,W,S), Veggie (V,M,W,S), Garlic Pizza (V,M,S,W). [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 Herb Roasted Chicken Breast (S), Herb Mashed Potatoes (V,M), Mushroom Gravy (VG,S), Cauliflower Stuffing (S,W,VG). [Calories 25-670].

Dinner Beer Battered Cod (W,F- Cod), Steak Fries (VG,S), Spiced Peas (VG,GF,SS), House Tartar Sauce (VG,GF). [Calories 60-725]

Round Grill

Breakfast Scrambled Eggs (E,V,GF), Turkey Sausage Patty, Breakfast Spiced Potatoes (VG), 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 Roasted Vegetable Chili Rellenos (W), Mexican Rice (GF,S), Calabacitas, Sweet Corn Succotash (GF), Vegan Chocolate Chip Cookie (W,S). [Calories 80-475]

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

GLUTEN SOLUTION

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

Lunch Beef Barbacoa, Corn Tortilla, Seasoned Beans & Corn, Cilantro Lime Rice (VG), Pineapple Salsa (VG), Lime Crema (M), Shredded Cheddar (M). [Calories 20-625]

Dinner Chicken Cacciatore, Jasmine Rice (VG), Blistered Green Bean with Garlic (VG), Turmeric Roasted Cauliflower (VG). [Calories 60-910]

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 5-1355]

Dinner Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (V,M,W,S), BBQ Nuggets (W,S), Waffle Fries (VG), Lettuce, Tomato, Onion, Pickle. [Calories 5-2190]

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 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 Buttermilk Fried Chicken (M,S,W,E), Baked Beans (F,GF), Potato Salad (V,E,GF), Corn on the Cob (V,M). [Calories 80-1430]

Dinner Roasted BBQ Chicken, Scalloped Potatoes (GF,V,M), Fire Roasted Peppers & Corn (V,GF), Spiced Green Beans (GF,VG). [Calories 35-575]

ROUND GRILL

Breakfast Scrambled Eggs (E,V,GF), Turkey Bacon, Sausage Patty, Triangle Hash Browns (S, VG), 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 60-1580]

Lunch /Dinner Philly Cheesesteak Bar; Beefy Philly Meat (GF), Chicken Philly Meat (GF), Hoagie Roll (W,S), Roasted Bell Peppers & Onions (VG,GF), Cheddar Sauce (S,V,M), Sliced Mushrooms, Banana Peppers, Pizza Sauce (S), Black Olives. [Calories 5-1280]

VEGAN

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

Lunch Vegan Buffalo Chicken Mac & Cheese (W,S), Roasted Broccoli (GF), Roasted Asparagus (GF), Roasted Cauliflower (GF). [Calories 60-640]

Dinner Tofu & Potato Goulash (S), Brown Rice (GF), Braised Red Cabbage, Blanched Carrots (GF). [Calories 40-570]

GLUTEN SOLUTION

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

Lunch Cajun Jambalaya (SF-Shrimp), Sweet Corn Cheddar Grits (V,M), Garlic Roasted Okra (VG), Slow Cooked Collard Greens. [Calories 60-455]

Dinner Kuku Paka Coconut Chicken Curry (T- Coconut), Bok Choy Stir Fry (SS), Jasmine Rice (VG), Ginger & Garlic Broccoli (VG). [Calories 45-665]

GRILL

Lunch Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (V,M,W,S), Nacho Cheese Grilled Cheese (M,S,W,V), Curly Fries (W,S), Lettuce, Tomato, Onion, Pickle. [Calories 5-2420]

Dinner Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (V,M,W,S), Turkey Burger with Pepper Jack (W,S,M), Curly Fries (W,S), Lettuce, Tomato, Onion, Pickle. [Calories 5-1565]

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 Crispy Chicken Parmesan (M), Herb Pasta (V,W), Broccollini (VG,GF), Breadstick (M,S,W), Roasted Parmesan Cauliflower (M). [Calories 60-720]

ROUND GRILL

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

Lunch Chicken Gardein (W,S), French Fries (S), Bell Peppers & Roasted Onions (GF), Vegan Cheddar Cheese. [Calories 80-460]

GLUTEN SOLUTION

Breakfast Scrambled Eggs (E), Bacon, Turkey Sausage Link, Shredded Hash Browns. [Calories 60-780]

Lunch Chicken Tikka Masala (M), Steamed Basmati Rice (VG), Cauliflower Raisins Turmeric (VG), Spicy Peas (VG,SS). [Calories 60-660]

GRILL

Lunch Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (V,M,W,S), Nuggets (W),Tater Tots (S), Lettuce, Tomato, Onion, Fish & Chips (W,M,F), Pickle. [Calories 5- 1,550]

PIZZA

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

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