



SUNDAY

Menus subject to change.

FLASH’S PICK

Breakfast Made to Order Omelets; Egg (E), Egg Whites (E), Diced Ham, Bacon, Cheddar Cheese (M), Mozzarella Cheese (M), Spinach, Sliced Tomatoes, Peppers, Red Onion, Mushrooms. [Calories 5-530]
Lunch/Dinner Pasta Bar; Whole Wheat Penne (W), Marinara, Alfredo Sauce (W, M, S), Chicken, Parmesan Cheese (M), Diced Tomatoes, Spinach, Peppers, Sliced Onions, Sliced Mushrooms, Sliced Carrots, Garlic Breadsticks (W, S), Bowtie Pasta (W), Pesto (M). [Calories 5-1805]

TWIST AND SPROUT

Breakfast Vegan Breakfast Burrito (W), Vegan Sausage Patty, Sweet Potato Tofu Hash. [Calories 100-860]
Lunch Tofu & Potato Goulash (S), Brown Rice, Braised Red Cabbage, Blanched Carrots. [Calories 40-570]
Dinner Thai Coconut Curry; Thai Coconut Curry (S,T(Coconut)), Jasmine Rice, Steamed Spiced Snap Peas, Stir Fry Bok Choy (SS). [Calories 40-385]

WHEATLESS WAYS

Breakfast Scrambled Eggs (E), Bacon, Turkey Sausage Link, Shredded Hash Browns. [Calories 60-680]
Lunch Moroccan Spiced Chicken, Jasmine Rice, Fried Plantains, Garlic Parmesan Roasted Cauliflower (M). [Calories 90-1,120]
Dinner Cider Brined Turkey Breast, Garlic Blistered Green Beans, Mashed Sweet Potatoes (T (Coconut)), Fire Roasted Peppers & Sweet Corn. [Calories 80-930]

FLASH GRILL

Breakfast Biscuit (M,S,W,E), Sausage Gravy (M,W), Egg & Cheese Croissant (M,W,E,S), Bacon, Egg, & Cheese Croissant (M,S,W,E). [Calories 80-1075]
Dinner Grilled Marinated Chicken Sandwich (S,W,M), Hamburger (S), Grilled Cheese Sandwich (M,W,S), BBQ Pork Sandwich (W,S), Tater Tots (S), Lettuce, Tomato, Onion, Pickle. [Calories 5-2,770]

PIECE OF THE PIE

Breakfast Pancake Bar; Silver Dollar Pancake (M,W,E,S), Apple Topping, Cherry Topping, Blueberry Topping, Whip Cream. [Calories 25-420]
Lunch/Dinner Cheese (M,W,S), Pepperoni (M,W,S), Veggie (M,W,S), Garlic Pizza (M,W,S). [Calories 290-410]

GREENS & PROTEINS

Lunch Chicken Noodle, Vegetarian Chili, Crackers

CHOO LAAH

Lunch White Basmati Rice, Tikka Masala, Chicken, Yellow Lentil Daal, Paneer Cheese [Calories 94-870]
Dinner White Basmati Rice, Tikka Masala, Chicken, Chickpea Masala, Samosas [Calories 107-718]

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Consuming raw or undercooked eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.



MONDAY

Menus subject to change.

FLASH’S PICK

Breakfast Made to Order Omelet; Egg (E), Egg Whites (E), Diced Ham, Bacon, Cheddar Cheese (M), Mozzarella Cheese (M), Spinach, Sliced Tomatoes, Peppers, Reed Onion, Mushrooms. [Calories 5-530]
Lunch/Dinner Pasta; Whole Wheat Penne (W), Marinara, Alfredo Sauce (W, M, S), Chicken, Bacon, Parmesan Cheese (M), Peppers, Sliced Onions, Sliced Mushrooms, Sliced Carrots, Garlic Breadsticks (W,S), Bowtie Pasta (W), Pesto (M). [Calories 5-1945]

TWIST AND SPROUT

Breakfast Vegan Breakfast Sandwich (W,S), Vegan Sausage Patty, Tofu Scramble Pepper & Onion. [Calories 100-670]
Lunch Taco Seasoned Tofu (S), Vegan Mozzarella Cheese, Rice Mexican (S), Calabacitas. [Calories 80-545]
Dinner Vegan Shepard’s Pie, Roasted Brussel Sprouts, Sugar Snap Peas & Baby Carrots, Peas Spicy (SS). [Calories 60-495]

WHEATLESS WAYS

Breakfast Scrambled Eggs (E), Turkey Bacon, Pork Sausage Link, Potatoes O'Brien. [Calories 60-760]
Lunch Grilled Marinated Chicken Breast (S), Herb Roasted Potatoes, Corn, Gluten Free Gravy. [Calories 5-335]
Dinner Pork al Pastor, Steamed Beans Green Spiced, Pineapple Salsa, Mexican Street Corn (M), Jasmine Rice. [Calories 50-765]

FLASH GRILL

Breakfast Biscuit (M,S,W,E), Sausage Gravy (M,W), Egg & Cheese English Muffin (M,S,W,E), Ham, Egg, & Cheese English Muffin (S,W,M,E). [Calories 80-900]
Lunch Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (M,W,S), BBQ Chicken Nuggets (W,S), Shoestring Fries, Lettuce, Tomato, Onion, Pickle. [Calories 5-2300]
Dinner Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), Turkey and Swiss Grilled Sandwich (S,W,M), Shoestring Fries (S,W), Lettuce, Tomato, Onion, Pickle. [Calories 5-1745]

PIECE OF THE PIE

Breakfast French Toast Bar; French Toast Sticks (M,W,E,S), Apple Topping, Cherry Topping, Blueberry Topping, Whip Cream. [Calories 25-440]
Lunch/Dinner Cheese (M,W,S), Pepperoni (M,W,S), Veggie (M,W,S), Mac & Cheese Pizza (M,S,W). [Calories 290-410]

CULINARY CREATIONS

Lunch/Dinner Plantain Bowl; Sweet Plantains, Salty Plantains, Coconut Steam Rice (T), Pineapple, Mangos, Red Peppers, Sweet Potatoes, Black Beans, Maque Choux (M), Cut Red Onions, Jamaican Jerk Sauce (S), Citrus Cranberry Sauce. [Calories 10-1210]

GREENS & PROTEINS

Lunch - Broccoli Cheese, Caribbean Jerk Chicken
Dinner - Split Pea, Turkey Chili, Crackers

CHOO LAAH

Lunch White Basmati Rice, Tikka Masala, Chicken, Black Lentil Daal, Veggie Croquettes [Calories 116-734]
Dinner White Basmati Rice, Tikka Masala, Chicken, Chickpea Masala, Paneer Cheese [Calories 124-919]

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TUESDAY

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FLASH'S PICK

Breakfast Made to Order Omelet; Egg (E), Egg Whites (E), Diced Ham, Bacon, Cheddar Cheese (M), Mozzarella Cheese (M), Spinach, Sliced Tomatoes, Peppers, Reed Onion, Mushrooms. [Calories 5-530]
Lunch/Dinner Pasta Bar; Whole Wheat Penne (W), Marinara, Alfredo Sauce (W, M, S), Chicken, Parmesan Cheese (M), Diced Tomatoes, Spinach, Peppers, Sliced Onions, Sliced Mushrooms, Sliced Carrots, Garlic Breadsticks (W, S), Bowtie Pasta (W), Pesto (M). [Calories 5-1805]

TWIST AND SPROUT

Breakfast Vegan Banana Pancakes (W,S), Vegan Sausage Patty, Tofu Scramble Pepper & Onion. [Calories 100-500]
Lunch Black Bean Bowl (S) [Calories 1,690]
Dinner Tofu Baked Gravy Mushroom (S), Roasted Lemon Parsley Red Potatoes, Steamed Broccoli Florets, Swiss Chard w/ Pine Nuts & Golden Raisins (S). [Calories 40-550]

WHEATLESS WAYS

Breakfast Scrambled Eggs (E), Pork Bacon, Turkey Sausage Patty, Shredded Spiced Diced Potato. [Calories 60-475]
Lunch Grilled Teriyaki Salmon (S,F), Roasted Cauliflower with Pecans (T), Broccoli Ginger & Garlic, Lemon Herb Rice. [Calories 90-470]
Dinner Blackened Chicken, Potatoes Red Rosemary Garlic, Carrots Honey Glazed (M), Roasted Garlic Parmesan Brussel Sprouts (M,S,SS,W). [Calories 100-830]

FLASH GRILL

Breakfast Biscuit (M,S,W,E), Sausage Gravy (M,W), Egg & Cheese Biscuit (M,S,W,E), Sausage Breakfast Biscuit (S,W). [Calories 80-1,130]
Lunch Fried Chicken Sandwich (S,W), Turkey burger (S), Grilled Cheese Sandwich (M,W,S), Philly Cheesesteak Sandwich (W,S,M), Steak Fries (S), Lettuce, Tomato, Onion, Pickle. [Calories 5-2,325]
Dinner Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (M,W,S), Nuggets (S,W), Steak Fries (S), Lettuce, Tomato, Onion, Pickle. [Calories 5-2,180]

PIECE OF THE PIE

Breakfast Pancake Bar; Silver Dollar Pancake (M,W,E,S), Apple Topping, Cherry Topping, Blueberry Topping, Whip Cream. [Calories 25-420]
Lunch/Dinner Cheese (M,W,S), Pepperoni (M,W,S), Veggie (M,W,S), Margarita Pizza (M,S,W). [calories 290-1,120]

CULINARY CREATIONS

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

GREENS & PROTEINS

Lunch Sweet Potato Chipotle, Clam Chowder
Dinner Garden Vegetable, Chicken Tortilla, Crackers

CHOO LAAH

Lunch White Basmati Rice, Tikka Masala, Chicken, Yellow Lentil Daal, Samosas [Calories 94-669]
Dinner White Basmati Rice, Tikka Masala, Chicken, Yellow Lentil Daal, Veggie Croquettes [Calories 94-712]

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WEDNESDAY

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FLASH’S PICK

Breakfast Made to Order Omelets; Egg (E), Egg Whites (E), Diced Ham, Bacon, Cheddar Cheese (M), Mozzarella Cheese (M), Spinach, Sliced Tomatoes, Peppers, Red Onion, Mushrooms. [Calories 5-530]
Lunch/Dinner Pasta Bar; Whole Wheat Penne (W), Marinara, Alfredo Sauce (W, M, S), Chicken, Parmesan Cheese (M), Diced Tomatoes, Spinach, Peppers, Sliced Onions, Sliced Mushrooms, Sliced Carrots, Garlic Breadsticks (W, S), Bowtie Pasta (W), Pesto (M). [Calories 5-1805]

TWIST AND SPROUT

Breakfast Vegan Breakfast Burrito (M), Vegan Sausage Patty, Sweet Potato Tofu Hash. [Calories 100-860]
Lunch Roasted Vegetable Chili Rellenos (W), Mexican Rice (S), Calabacitas, Sweet Corn Succotash. [Calories 80-475]
Dinner Creole Red Beans & Rice, Blistered Green Beans w/Garlic, Maque Choux (M). [Calories 50-410]

WHEATLESS WAYS

Breakfast Scrambled Eggs (E), Turkey Bacon, Sausage Patty, Triangle Hash Browns (S). [Calories 60-610]
Lunch Citrus Bourbon Flank Steak, Potatoes Red Roasted Lemon Parsley, Peppers & Green Beans Roasted, Baked Bourbon Lentils (S,F). [90-1,820]
Dinner Chicken Curry, Brown Rice Vegetable, Cauliflower Roasted Turmeric, Carrots Roasted Cardamom. [Calories 60-1,205]

FLASH GRILL

Breakfast Biscuit (M,S,W,E), Sausage Gravy (M,W), Egg & Cheese Croissant (M,S,W,E), Bacon, Egg, & Cheese Croissant (M,S,W,E). [Calories 80-1075]
Lunch Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (M,W,S), Taquitos (W,S,E), House Made Chips, Lettuce, Tomato, Onion, Pickle. [Calories 5-2160]
Dinner Fried Chicken Sandwich (S,W), Turkey burger (S), Grilled Cheese Sandwich (M,W,S), Corn Dog (W,S,E), Housemade Chips , Lettuce, Tomato, Onion, Pickle. [Calories 5-1,565]

PIECE OF THE PIE

Breakfast French Toast Bar; French Toast Sticks (M,W,E,S), Apple Topping, Cherry Topping, Blueberry Topping, Whip Cream. [Calories 25-440]
Lunch/Dinner Cheese (M,W,S), Pepperoni (M,W,S), Veggie (M,W,S), Buffalo Chicken Pizza (M,S,W). [calories 290-1,120]

CULINARY CREATIONS

Lunch/Dinner Vegan Power Quinoa Bowl; Jerk Quinoa (S), Jerk Tofu (S), Long Grain White Rice, Pineapple, Mangoes, Red Peppers, Sweet Potatoes, Black Beans, Maque Choux (M), Red Cut Onions, Jamaican Jerk Sauce (S), Citrus Cranberry Snap. [Calories 10-1390]

GREENS & PROTEINS

Lunch Vegetarian Chili, Italian Wedding
Dinner Jerk Chicken, Carrot Ginger, Crackers

CHOO LA AH

Lunch White Basmati Rice, Tikka Masala, Chicken, Black Lentil Daal, Paneer Cheese [Calories 116-892]
Dinner White Basmati Rice, Tikka Masala, Chicken, Black Lentil Daal, Samosas [Calories 107-691]

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THURSDAY

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FLASH’S PICK

Breakfast Made to Order Omelets; Egg (E), Egg Whites (E), Diced Ham, Bacon, Cheddar Cheese (M), Mozzarella Cheese (M), Spinach, Sliced Tomatoes, Peppers, Red Onion, Mushrooms. [Calories 5-530]
Lunch/Dinner Pasta Bar; Whole Wheat Penne (W), Marinara, Alfredo Sauce (W, M, S), Chicken, Parmesan Cheese (M), Diced Tomatoes, Spinach, Peppers, Sliced Onions, Sliced Mushrooms, Sliced Carrots, Garlic Breadsticks (W, S), Bowtie Pasta (W), Pesto (M). [Calories 5-1805]

TWIST AND SPROUT

Breakfast Vegan Breakfast Sandwich (W,S), Vegan Sausage Patty, Tofu Scramble Pepper & Onion. [Calories 100-670]
Lunch Vegan Buffalo Chicken Mac and Cheese (W,S), Roasted Broccoli, Asparagus Roasted, Cauliflower Roasted. [Calories 60-640]
Dinner Vegan Chicken Souvlaki (S), Mediterranean Roasted Vegetables, Vegan Mayo, Steamed Basmati Rice. [Calories 90-720]

WHEATLESS WAYS

Breakfast Scrambled Eggs (E), Bacon, Turkey Sausage Link, Shredded Hash Browns [Calories 60-680]
Lunch Noodle Pad Thai Chicken (E,S), Steamed Spiced Broccoli , Roasted Cauliflower [Calories 40-520]
Dinner Grilled BBQ Pork Chop (S,E), Spiced Black Beans, Salsa Mango Floribbean, Black Eyed Peas [Calories 70-700]

FLASH GRILL

Breakfast Biscuit (M,S,W,E), Sausage Gravy (M,W), Egg & Cheese English Muffin (M,W,E,S), Ham, Egg & Cheese English Muffin (M,S,W,E). [Calories 80-900]
Lunch Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), Cuban Sandwich (W,M), Sweet Potato Fries, Lettuce, Tomato, Onion, Pickle. [Calories 5-1605]
Dinner Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (M,W,S), Chicken Burger Buffalo Sandwich (M,W,S), Sweet Potatoes Fries, Lettuce, Tomato, Onion, Pickle. [Calories 5-2,650]

PIECE OF THE PIE

Breakfast Pancake Bar; Silver Dollar Pancake (M,W,E,S), Apple Topping, Cherry Topping, Blueberry Topping, Whip Cream. [Calories 25-420]
Lunch/Dinner Cheese (M,W,S), Pepperoni (M,W,S), Veggie (M,W,S), Garlic Pizza (M,W,S). [Calories 290-1,250]

CULINARY CREATIONS

Lunch/Dinner Jamaican Curry Bowl; Jamaican Curry Chicken, Tofu (S), Coconut Steamed Rice (T), Pineapple, Mangos, Red Peppers, Sweet Potatoes, Black Beans, Maque Choux (M), Red Cut Onions, Jamaican Jerk Sauce (S), Citrus Cranberry Sauce. [Calories 10-840]

GREENS & PROTEINS

Lunch Garden Veggie, Loaded Potato
Dinner Clam Chowder, Carrot Ginger, Crackers

CHOO LAAH

Lunch White Basmati Rice, Tikka Masala, Chicken, Chickpea Masala, Veggie Croquettes [Calories 124-761]
Dinner White Basmati Rice, Tikka Masala, Chicken, Yellow Lentil Daal, Paneer Cheese [Calories 94-870]

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FRIDAY

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FLASH’S PICK

Breakfast Made to Order Omelet; Egg (E), Egg Whites (E), Diced Ham, Bacon, Cheddar Cheese (M), Mozzarella Cheese (M), Spinach, Sliced Tomatoes, Peppers, Red Onion, Mushrooms. [Calories 5-530]
Lunch/Dinner Pasta; Whole Wheat Penne (W), Marinara, Alfredo Sauce (W, M, S), Chicken, Bacon, Parmesan Cheese (M), Peppers, Sliced Onions, Sliced Mushrooms, Sliced Carrots, Garlic Breadsticks (W,S), Bowtie Pasta (W), Pesto (M) [Calories 5-1,945]

TWIST AND SPROUT

Breakfast Vegan Banana Pancakes (W,S), Vegan Sausage Patty, Tofu Scrambled Pepper & Onion. [Calories 100-500]
Lunch Chicken Gardein (W,S), French Fries (S), Bell Peppers & Onions Roasted, Hoagie Roll (W,S), Vegan Cheddar Cheese Slice [Calories 80-760]
Dinner Texas Toast (W,S), Tomato Soup (W), Tomato slice, Vegan Cheddar Slice, Steamed Broccoli Florets. [Calories 5-300]

WHEATLESS WAYS

Breakfast Scrambled Eggs (E), Turkey Bacon, Pork Sausage Link, Potatoes O'Brien (S). [Calories 60-760]
Lunch Turkey Honey Garlic Glazed (S), Sugar Snap Peas & Baby Carrots , Brussel Sprouts Roasted, Mashed Potatoes. [Calories 70-1040]
Dinner Fish Tacos (F,M), White Cilantro Lime Rice, Black Beans, Pineapple Salsa, Lime Crema, Shredded Cheddar (M). [Calories 20-655]

FLASH GRILL

Breakfast Biscuit (M,S,W,E), Sausage Gravy (M,W), Egg & Cheese Biscuit (M,W,E,S), Sausage Breakfast Biscuit (M,S,W,E). [Calories 80-1,130]
Lunch Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (M,W,S), Grilled Chicken Caesar Sandwich (E,M,S,W), Waffle Fries, Lettuce, Tomato, Onion, Pickle. [Calories 5-2,860]
Dinner Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), Crispy Bacon Sandwich (M,W,S), Waffle Fries, Lettuce, Tomato, Onion, Pickle. [Calories 5-2035]

PIECE OF THE PIE

Breakfast French Toast Bar; French Toast Sticks (M,W,E,S), Apple Topping, Cherry Topping, Blueberry Topping, Whip Cream. [Calories 25-440]
Lunch/Dinner Cheese (M,W,S), Pepperoni (M,W,S), Veggie (M,W,S), Sausage (M,W,S,E). [Calories 290-1,260]

CULINARY CREATIONS

Lunch/Dinner Jerk Salmon Bowl; Jerk Salmon (S, F), Salty Plantains, Jerk Fried Rice (S), Pineapple, Mangos, Red Peppers, Sweet Potatoes, Black Beans, Maque Choux (M), Red Cut Onions, Jamaican Jerk Sauce (S), Citrus Cranberry Sauce. [Calories 10-1010]

GREENS & PROTEINS

Lunch Tomato Feta, Coconut Curry Chicken
Dinner Chicken Tortilla, Veggie Chili, Crackers

CHOO LAAH

Lunch White Basmati Rice, Tikka Masala, Chicken, Yellow Lentil Daal, Veggie Croquettes [Calories 94-712]
Dinner White Basmati Rice, Tikka Masala, Chicken, Black Lentil Daal, Paneer Cheese [Calories 116-892]

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EASTWAY

dining

SATURDAY

Menus subject to change.

FLASH'S PICK

Breakfast Made to Order Omelets; Egg (E), Egg Whites (E), Diced Ham, Bacon, Cheddar Cheese (M), Mozzarella Cheese (M), Spinach, Sliced Tomatoes, Peppers, Red Onion, Mushrooms. [Calories 5-530]

Lunch/Dinner Pasta Bar; Whole Wheat Penne (W), Marinara, Alfredo Sauce (W, M, S), Chicken, Parmesan Cheese (M), Diced Tomatoes, Spinach, Peppers, Sliced Onions, Sliced Mushrooms, Sliced Carrots, Garlic Breadsticks (W, S), Bowtie Pasta (W), Pesto (M). [Calories 5-1805]

TWIST AND SPROUT

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

Lunch Vegan Chickpea Tacos (W,S0, Brown Spanish Rice, Vegan Mozzarella Cheese, Corn Tortilla, Spicy Peas(SS). [Calories 60-875]

Dinner Vegan Mozzarella Cheese, Steamed Broccoli Florets, Roasted Mushrooms, Roasted Cauliflower, Vegetarian Chili, Whole Baked Potatoes. [Calories 40-720]

WHEATLESS WAYS

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

Lunch Huli Huli Chicken (S), Roasted Sweet Potato, Steamed Basmati Rice, Roasted Cauliflower. [Calories 160-880]

Dinner Pork Carnitas, Coconut Steamed Rice (T(Coconut)), Zucchini Roasted Cotija (M), Fire Roasted Peppers & Sweet Corn (S). [Calories 80-500]

FLASH GRILL

Breakfast Biscuit (M,S,W,E), Sausage Gravy (M,W), Egg & Cheese Croissant (M,W,E,S), Bacon Egg & Cheese Croissant (M,S,W,E). [Calories 80-1,075]

Dinner Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (M,W,S), BBQ Chicken Nuggets (M,S,W), Curly Fries, Lettuce, Tomato, Onion, Pickle. [Calories 5-2280]

PIECE OF THE PIE

Breakfast Pancake Bar; Silver Dollar Pancake (M,W,E,S), Apple Topping, Cherry Topping, Blueberry Topping, Whip Cream. [Calories 25-420]

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

GREENS & PROTEINS

Lunch Broccoli Cheese, Caribbean Jerk Chicken, Crackers

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SATURDAY
CHOO LAAH

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Lunch White Basmati Rice, Tikka Masala, Chicken, Chickpea Masala, Samosas [Calories 107-718]
Dinner White Basmati Rice, Tikka Masala, Chicken, Black Lentil Daal, Veggie Croquettes [Calories 116-734]

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