



SUNDAY

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 Scrambled Pepper & Onion. [Calories 100-670]
Lunch Palak Tofu (S), Rice Steamed Basmati, Cauliflower with Turmeric & Raisins, Sugar Snap Peas & Baby Carrots. [Calories 70-460]
Dinner Lentil Bolognese (T), Spaghetti (W), Roasted Garlic Broccolini, Eggplant Caponata. [Calories 50-860]

WHEATLESS WAYS

Breakfast Scrambled Eggs (E), Turkey Bacon, Sausage Patty, Tater Tots (S). [Calories 60-890]
Lunch Herb Lentil Pasta, Roasted Garlic Broccolini, Cauliflower Roasted Garlic Parmesan. [Calories 80-970]
Dinner Green Beans with Lemon and Mint (S), Garlic Mashed Potatoes with Olive Oil, Sliced Ham (M), Carrots Roasted with Thyme & Lemon. [Calories 80-520]

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

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), Margarita Pizza (M,W). [Calories 290-310]

GREENS & PROTEINS

Lunch Butternut Squash & Apple, Steak Chili & Beans, 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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MONDAY

Menus subject to change.

FLASH’S PICK

Breakfast Tater Tot Bowls; Egg (E), Egg White (E), Diced Tomatoes, Diced Ham, Bacon, Cheddar Cheese (M), Onion, Peppers, Tater Tots (S), Spinach, Mushrooms, Sausage Gravy (M,W). [Calories 5-975]
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 Scrambled Pepper & Onion. [Calories 100-500]
Lunch Pasta E Lenticchie (W), Zucchini Agrodolce (T), Mediterranean Roasted Vegetables, Roasted Mushrooms. [Calories 50-605]
Dinner Vegan Teriyaki Chicken (S), Brown Rice Steamed, Stir Fry Vegetables (S), Ginger & Garlic Broccoli. [Calories 130-690]

WHEATLESS WAYS

Breakfast Scrambled Eggs (E), Bacon, Turkey Sausage Link, Shredded Hash Browns (S). [Calories 100-680]
Lunch Mashed Potato Bowl; Grilled Marinated Chicken Breast (S), Herb Roasted Potatoes, Corn, Gluten Free Gravy. [Calories 5-355]
Dinner Chicken Souvlaki Grilled, Flaslakia Lathera Greek Green Beans, Squash Yellow Zucchini with Onion and Feta (M), Lemon Herb Rice.[Calories 7-607]

FLASH GRILL

Breakfast Biscuit (M,S,W,E), Sausage Gravy (M,W), Egg & Cheese Biscuit (M,W,E,S), Sausage Biscuit (S,W). [Calories 80-1130]
Lunch Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), 3 Grilled Cheese (W,S,M), Sweet Potato Fries, Lettuce, Tomato, Onion, Pickle. [Calories 5-2065]
Dinner Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (M,W,S), Smokehouse Beef Burger (M,S,W,E), Sweet Potato Fries, Lettuce, Tomato, Onion, Pickle. [Calories 5-3070]

PIECE OF THE PIE

Breakfast 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), Buffalo Chicken (M,W,S). [Calories 290-310]

CULINARY CREATIONS

Lunch/Dinner Hot Dog Bar; All Beef Hot Dog, Vegan Hot Dog (W), Turkey Chili, Sauerkraut, Diced Yellow Onions, Cheese Sauce (M), Hotdog Bun (W, S), Grain Mustard, Pickle Relish, Pickled Jalapeno, Diced. Bacon, Sliced Scallions, Chips, Coleslaw, Potato Salad (E, S). [Calories 10-1595]

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 Egg Scramble; Egg (E), Egg Whites (E), Pork Sausage, Diced Ham, Bacon, Cheddar Cheese (M), Mozzarella Cheese (M), Spinach, Sliced Tomatoes, Peppers, Reed Onion, Mushrooms. [Calories 5-585]
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 Dog (W), French Fries (S), Corn. [Calories 70-310]
Dinner Vegan Mac & Cheese (W), Texas Mushroom Chili, Cauliflower Roasted, Roasted Garlic Broccolini. [Calories 50-410]

WHEATLESS WAYS

Breakfast Scrambled Eggs (E), Turkey Bacon, Pork Sausage Link, Potatoes O’Brien. [Calories 60-760]
Lunch Beef Seared Salmon with Citrus Sauce (F), Rice Pilaf, Roasted Asparagus, Honey Glazed Carrots (M). [Calories 100-660]
Dinner Fish Mole Chicken (T), Fire Roasted Peppers and Sweet Corn (S), Spanish Style Roasted Potatoes, Sauteed Zucchini & Tomatoes. [Calories 60-830]

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 80-1130]
Lunch Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (M,W,S), Ham Grinder & Salami Sandwich (M,W), House Made Chips, Lettuce, Tomato, Onion, Pickle. [Calories 5-2380]
Dinner Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), Reuben Sandwich (E,W,M,S), House Made Chips, Lettuce, Tomato, Onion, Pickle. [Calories 5-1945]

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), Garlic (M,W,S). [Calories 290-350]

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 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 Breakfast Sandwich (W,S), Vegan Sausage Patty, Tofu Scrambled Pepper & Onion. [Calories 100-670]
Lunch Taco Seasoned Gardein (W,S), Corn Tortilla, Diced Tomato, Diced Onion, Black Beans, Vegan Mozzarella Cheese, Shredded Lettuce. [Calories 5-455]
Dinner Crispy Fried Tofu Teriyaki Bites (W,S), Brown Rice Steamed, Bok Choy Stir Fry (SS), Chinese Style Green Beans. [Calories 45-675]

WHEATLESS WAYS

Breakfast Scrambled Eggs (E), Pork Bacon, Turkey Sausage Patty, Spiced Diced Potato. [Calories 80-575]
Lunch Herb Roasted Pork Loin, Mashed Sweet Potatoes (T), Roasted Cauliflower with Pecans (T), Roasted Cherry Tomatoes (S). [Calories 50-1170]
Dinner Chicken Tinga, Spanish Brown Rice, Calabacitas (M), Peas Spicy (SS). [Calories 60-960]

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), Reuben Turkey Sandwich (M,E,W,S), Waffle Fries, Lettuce, Tomato, Onion, Pickle. [Calories 5-1985]
Dinner Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (M,W,S), Bacon Grilled Cheese (S,W,M), Waffle Fries, Lettuce, Tomato, Onion, Pickle. [Calories 5-2580]

PIECE OF THE PIE

Breakfast 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), Sausage (M,W,S,E). [Calories 290-360]

CULINARY CREATIONS

Lunch/Dinner Wing Bar; Chicken Wings, Cauliflower Wings (E, W, S, M), Mild Sauce, Hot Sauce, BBQ Sauce, Sweet Chili Sauce (S), Celery Sticks, Baby Carrots, Ranch Dressing (E, M), Blue Cheese Dressing (E, M), Potato Salad (E, S), House Made Chips. [Calories 10-1097]

GREENS & PROTEINS

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

CHOO LAAH

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 Tater Tot Bowls; Egg (E), Egg White (E), Diced Tomatoes, Diced Ham, Bacon, Cheddar Cheese (M), Onion, Peppers, Tater Tots (S), Spinach, Mushrooms, Sausage Gravy (M,W). [Calories 5-975]
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 Scrambled Pepper & Onion. [Calories 100-500]
Lunch White Sun Dried Tomato Stew Beans, Roasted potatoes with Lemon Vinaigrette, Roasted Brussels Sprouts. [Calories 150-680]
Dinner Three Bean Mile High Chili, Tater Tots (S), Vegan Mozzarella Cheese. [Calories 80-600]

WHEATLESS WAYS

Breakfast Scrambled Eggs (E), Turkey Bacon, Sausage Patty, Triangle Hash Browns (S). [Calories 60-610]
Lunch Salmon Seared with Cranberry Citrus Sauce (F), Roasted Garlic Broccolini, Brown & Wild Rice Pilaf with Apple Cider & Cranberries, Honey Glazed Carrots (M). [Calories 80-670]
Dinner Turkey Sloppy Joe’s, Succotash Sweet Corn, Steamed Spiced Broccoli, House Potato Chip. [Calories 40-460]

FLASH GRILL

Breakfast Biscuit (M,S,W,E), Sausage Gravy (M,W), Egg & Cheese Biscuit (M,W,E,S), Sausage Biscuit (M,S,W,E). [Calories 80-1130]
Lunch Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (M,W,S), Burger Breakfast (E,S,W,M,F), Curly Fries (W,S), Lettuce, Tomato, Onion, Pickle. [Calories 5-2780]
Dinner Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), Corn Dog (W,S,E), Curly Fries (W,S), Lettuce, Tomato, Onion, Pickle. [Calories 5-1565]

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), BBQ Chicken (M,W,S). [Calories 290-340]

CULINARY CREATIONS

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

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 Egg Scramble; Egg (E), Egg Whites (E), Pork Sausage, Diced Ham, Bacon, Cheddar Cheese (M), Mozzarella Cheese (M), Spinach, Sliced Tomatoes, Peppers, Reed Onion, Mushrooms. [Calories 5-585]
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 Crispy Baked Orange Tofu (S), Jasmine Rice, Ginger & Garlic Broccoli, Ginger Snap Peas. [Calories 80-550]
Dinner Penne Pasta (W), Marinara, Ratatouille, Herb Roasted Potatoes. [Calories 30-430]

WHEATLESS WAYS

Breakfast Scrambled Eggs (E), Bacon, Turkey Sausage Link, Shredded Hash Browns (S). [Calories 100-780]
Lunch Chicken Thighs Rioja Style, Brown Rice with Tomato, Onion, & Basil, Zucchini Roasted Cotija (M), Seasoned Beans & Corn. [Calories 110-730]
Dinner Haddock Roasted Slaw Fennel Slaw (F), Roasted Asparagus, Scalloped Potatoes (M), Green Beans with Lemon and Mint (S). [Calories 140-725]

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]
Lunch Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), Chicken Nuggets (W,S), Tater Tots (S), Lettuce, Tomato, Onion, Pickle. [Calories 5-1715]
Dinner Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (M,W,S), Taquitos (M,S,W), Tater Tots (S), Lettuce, Tomato, Onion, Pickle. [Calories 5-2600]

PIECE OF THE PIE

Breakfast 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), Mac & Cheese (M,W,S). [Calories 290-410]

CULINARY CREATIONS

Lunch/Dinner Mac & Cheese Bar; Food Truck Mac & Cheese (M, W), Vegan Mac & Cheese (W), Chicken Nuggets (W), Bacon Bits, Pulled Pork, Blue Cheese (M), Breadcrumbs (M, W), Broccoli, Cauliflower, Peppers & Onions, Tomatoes, BBQ Sauce, Hot Sauce, Ranch Dressing, Shredded Cheese (M). [Calories 5-2134]

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 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 Scrambled Pepper & Onion. [Calories 100-670]

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

Dinner Eggplant Caponata (S), Spaghetti (W), Roasted Broccoli, Mixed Vegetables. [Calories 60-700]

WHEATLESS WAYS

Breakfast Scrambled Eggs (E), Turkey Bacon, Pork Sausage Link, Potatoes O'Brien. [Calories 60-850]

Lunch Pork Chop Roasted Maple Brined, Buttermilk Mashed Yukon Potatoes (M), Turmeric Roasted Cauliflower, Steamed Spiced Snap Peas. [Calories 40-980]

Dinner Fish Carne Avocado Pork, Cilantro Lime Brown Rice, Roasted and Seasoned Broccoli Florets, Fire Roasted Peppers and Sweet Corn. [Calories 5-635]

FLASH GRILL

Breakfast Biscuit (M,S,W,E), Sausage Gravy (M,W), Egg & Cheese English Muffin (M,W,E,S), Egg, Ham & Cheese English Muffin (M,S,W,E). [Calories 80-1040]

Dinner Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), Sweet Chili Wings (S), Steak Fries (S), Lettuce, Tomato, Onion, Pickle. [Calories 5-1515]

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), Garlic (M,W,S). [Calories 290-350]

GREENS & PROTEINS

Lunch Chicken Noodle, Carrot Ginger, 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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