



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 Banana Pancakes (W,S), Vegan Sausage Patty, Tofu Scramble Pepper & Onion (S). [Calories 100-500]  
**Lunch** Portobello Poutine (W,S), Roasted Broccoli. [Calories 110-505]  
**Dinner** Thai Coconut Curry (S,T), Jasmine Rice, Steamed Spiced Pea Snap, 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** Chicken Marinated Thai (F), Rice Coconut Steamed (T), Broccoli Garlic Stir Fry, Green Bean Blistered with Garlic. [Calories 60-1310]  
**Dinner** Fish Tacos (M,F), Herb Lentil Pasta, Roasted Asparagus, Cauliflower Roasted Garlic Parmesan (M). [Calories 90-1360]

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 80-1130]  
**Dinner** Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (M,W,S), Breaded Cauliflower Bites (S,W), Tater Tots (S), Lettuce, Tomato, Onion, Pickle. [Calories 5-2480]

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), Sausage (M,S,W,E). [Calories 290-1120]

GREENS & PROTEINS

**Lunch** Lentil, Chicken Noodle, 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]

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.

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 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** Texas Mushroom Chili, Jasmine Rice, Spiced Green Bean, Butternut Squash Succotash. [Calories 35-665]  
**Dinner** Vegan Shepard’s Pie, Roasted Brussel Sprouts, Sugar Snap Peas & Baby Carrots [Calories 70-435]

WHEATLESS WAYS

**Breakfast** Scrambled Eggs (E), Turkey Bacon, Pork Sausage Link, Potatoes O’Brien. [Calories 60-760]  
**Lunch** Mashed Potato Bowl; Grilled Marinated Chicken Breast (S), Herb Roasted Potatoes, Corn, Gluten Free Gravy. [Calories 5-355]  
**Dinner** BBQ Pork Chop (E,S), Seasoned Beans & Corn, Carrot Honey Glazed (M), House Potato Chip. [Calories 100-600]

FLASH GRILL

**Breakfast** Biscuit (M,S,W,E), Sausage Gravy (M,W), Egg & Cheese Croissant (M,W,E,S,V), Bacon Egg & Cheese Croissant (M,S,W,E). [Calories 80-975]  
**Lunch** Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (M,W,S), Cemita Chicken Sandwich (M,S,W), Shoestring Fries (W,S), Lettuce, Tomato, Onion, Pickle. [Calories 5-2830]  
**Dinner** Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), Sloppy Joe (F), Shoestring Fries (W,S), Lettuce, Tomato, Onion, Pickle. [Calories 5-1405]

PIECE OF THE PIE

**Breakfast** French Toast Bar; French Toast Sticks (M,W,S,E), 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** 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** 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** Lentil Sloppy Joes (W), French Fries (S), Corn. [Calories 70-492]  
**Dinner** Tofu Baked Gravy Mushroom (S), Roasted Lemon Parsley Red Potatoes, Steamed Broccoli Florets, Swiss Chard w/ Pine Nuts & Golden Raisins (T). [Calories 40-550]

WHEATLESS WAYS

**Breakfast** Scrambled Eggs (E), Pork Bacon, Turkey Sausage Patty, Spiced Diced Potato. [Calories 60-475]  
**Lunch** Herb Roasted Turkey Breast, Sweet Potato Pumpkin Spiced, Pea Snap Ginger, Lemon Herb Rice. [Calories 80-1300]  
**Dinner** Butter Chicken (M), Potato Wedge Masala Flash Spiced, Cauliflower Raisins Turmeric, Green Bean Blistered with Garlic. [Calories 60-520]

FLASH GRILL

**Breakfast** Biscuit (M,S,W,E), Sausage Gravy (M,W), Egg & Cheese English Muffin (M,W,E,S,V), 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), Fish & Chips Sandwich (M,S,W,F), Steak Fries (S), Lettuce, Tomato, Onion, Pickle. [Calories 5-1615]  
**Dinner** Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (M,W,S), Hot Nuggets (W,S), Steak Fries (S), Lettuce, Tomato, Onion, Pickle. [Calories 5-1405]

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), 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, Refried 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

*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 Banana Pancakes (W,S), Vegan Sausage Patty, Tofu Scrambled Pepper & Onion. [Calories 100-500]  
**Lunch** Penne Pasta (W), Marinara, Vegetable Roasted Mediterranean, Vegan Chicken (S). [Calories 30-460]  
**Dinner** Creole Red Beans & Rice, Blistered Green Beans w/Garlic, Maque Choux. [Calories 50-410]

### WHEATLESS WAYS

**Breakfast** Scrambled Eggs (E), Turkey Bacon, Sausage Patty, Triangle Hash Browns (S). [Calories 60-610]  
**Lunch** Beef Vegetable Potato Mash Pie (F,M), Broccoli Steamed, Sweet Corn Succotash. [Calories 80-360]  
**Dinner** Fish Barramundi with Parsley Sauce (F,M), Roasted Yellow Squash and Zucchini, Jasmine Rice, Black Beans. [Calories 60-725]

### 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), BBQ Wings, House Made Chips, Lettuce, Tomato, Onion, Pickle. [Calories 5-2330]  
**Dinner** Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), Jamaican Pork Jerk Sandwich (W,S), House Made Chips, Lettuce, Tomato, Onion, Pickle. [Calories 5-1605]

### 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 (M,W,S). [Calories 290-410]

### 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

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** Huli Huli Tofu (S), Fried Rice (S), Seasoned Vegetables Stir Fry (S), Roasted Broccoli. [Calories 110-560]  
**Dinner** Vegan Chicken Souvlaki (S), Vegetable Roasted Mediterranean, Vegan Mayo, Rice Steamed Basmati. [Calories 90-720]

## WHEATLESS WAYS

**Breakfast** Scrambled Eggs (E), Bacon, Turkey Sausage Link, Shredded Hash Browns. [Calories 60-680]  
**Lunch** Roasted Dijon Maple Chicken Thigh, Cranberry Brown Butter Brussels Sprouts (M), Red Potatoes with Rosemary Garlic, Rosemary Roasted Cauliflower. [Calories 130-930]  
**Dinner** Bratwurst Braised with Sauerkraut, Mashed Potatoes (M), Gluten Free Gravy, Succotash Sweet Corn, Roasted Broccoli. [Calories 5-1075]

## 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 80-975]  
**Lunch** Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), Pizza Burger (W,S,M), Sweet Potato Fries, Lettuce, Tomato, Onion, Pickle. [Calories 5-2205]  
**Dinner** Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (M,W,S), Taquito (M,S,W), Sweet Potato Fries, Lettuce, Tomato, Onion, Pickle. [Calories 5-2330]

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

## 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

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

**Lunch** Chana Masala, Steamed Rice Basmati, Cauliflower Roasted Turmeric, Gatar Matar [Calories 75-695]

**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. [Calories 60-760]

**Lunch** Mojo Pork, Spice Black Beans, Brown Spanish Rice, Peppers & Green Beans Roasted. [Calories 90-845]

**Dinner** Fish Cod Roasted Spiced (F), Potatoes Roasted Lemon Vinaigrette, Roasted Asparagus, Squash Yellow Zucchini with Onion and Feta (M). [Calories 40-610]

## 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 80-965]

**Lunch** Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (M,W,S), Three Cheese Grilled Cheese Sandwich (S,W,M), Waffle Fries, Lettuce, Tomato, Onion, Pickle. [Calories 5-2700]

**Dinner** Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), Corn Dog (W,S,E), Waffle Fries (VG), Lettuce, Tomato, Onion, Pickle. [Calories 5-1615]

## 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 (M,W,S). [Calories 290-310]

## 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]

W – Contains Wheat  
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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 Banana Pancakes (W,S), Vegan Sausage Patty, Tofu Scrambled Pepper & Onion. [Calories 100-500]

**Lunch** White Bean Cassoulet with Biscuits (W,S), Baked Sweet Potato, Brown Rice with Tomato, Onion, & Basil, Steamed Broccoli Florets. [Calories 40-690]

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

### WHEATLESS WAYS

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

**Lunch** Jamaican Jerk Pork (S), Steamed Rice Coconut (T), Pumpkin Spiced Sweet Potato, Cauliflower Raisins Turmeric. [Calories 90-650]

**Dinner** Chicken Thighs Teriyaki (S), Khao Phad Fried Rice (S,F), Broccoli Garlic Stir Fry, Spicy Peas (SS). [Calories 60-650]

### FLASH GRILL

**Brunch** 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]

**Dinner** Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (M,W,S), Chicken Nuggets (W,S), Curly Fries (W,S), Lettuce, Tomato, Onion, Pickle. [Calories 5-2230]

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

### GREENS & PROTEINS

**Lunch** Butternut Squash & Apple, Steak Chili & Beans, Crackers

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**SATURDAY**  
**CHOO LAAH**

*Menus subject to change.*

**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]

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

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