



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 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 30-460]
Dinner Pasta E Lenticchie (W), Zucchini Agrodolce (T), Vegetable Roasted Mediterranean, Roasted Mushrooms. [Calories 50-605]

WHEATLESS WAYS

Breakfast Scrambled Eggs (E), Turkey Bacon, Sausage Patty, Tater Tots (S). [Calories 60-890]
Lunch BBQ Rubbed Grilled Chicken Thigh (GF), Red Rosemary Garlic Potatoes, Classic Green bean Casserole (V,GF, M), Corn on the Cob (M). [Calories 80-780]
Dinner Seared Salmon with Lemon Parsley (F), Vegetable Brown Rice, Sugar Snap Peas & Baby Carrots, Roasted Cauliflower with Pecans. [Calories 70-1060]

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

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 Garden Vegetable, Chicken Tortilla, 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 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 Taco Seasoned Tofu (S), Mexican Rice (S), Diced Tomato, Vegan Mozzarella Cheese, Corn Tortilla, Calabacitas. [Calories 50-675]
Dinner Palak Tofu, Rice Steamed Basmati, Cauliflower with Turmeric & Raisins, Sugar Snap Peas & Baby Carrots. [Calories 70-480]

WHEATLESS WAYS

Breakfast Scrambled Eggs (E), Bacon, Turkey Sausage Link, Shredded Hash Browns (S). [Calories 100-780]
Lunch Mashed Potato Bowl; Grilled Marinated Chicken Breast (S), Herb Roasted Potatoes, Corn, Gluten Free Gravy. [Calories 5-335]
Dinner Roasted Citrus Fennel Chicken Thigh, Green Beans with Lemon & Mint (S), Lemon Parsley Roasted Red Potatoes. [Calories 60-710]

FLASH GRILL

Breakfast Biscuit (M,S,W,E), Sausage Gravy (M,W), Egg & Cheese Breakfast 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), Greek Gyro (S,W,T), Sweet Potato Fries, Lettuce, Tomato, Onion, Pickle. [Calories 5-2900]
Dinner Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), Three Cheese Grilled Cheese (M,W,S), Sweet Potato Fries, Lettuce, Tomato, Onion, Pickle. [Calories 5-2065]

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 Sushi Rice Bowl – California Bowl; Sushi Rice with Quinoa, Avocado Slices, Spicy Mayo (S), Cucumber Slices, Carrot Slices, Imitation Crab Sticks (F), Sesame Seed Blend (SS), Nori Chips (S,E), Eel Sauce, Green Onions, Tofu (S), Wasabi Mayo (S). [Calories 10-1570]

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 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 Black Bean Bowl (S). [Calories 1690]
Dinner Vegan Dog (W), French Fries (S), Corn. [Calories 70-310]

WHEATLESS WAYS

Breakfast Scrambled Eggs (E), Turkey Bacon, Pork Sausage Link, Potatoes O’Brien. [Calories 60-760]
Lunch Grilled Chicken Piccata (M), Roasted Yellow Squash & Zucchini (VG), Honey Glazed Carrots (V,GF), Baked Whole Potatoes. [Calories 60-620]
Dinner Pork Curry with Squash (S,F), Steamed Spiced Broccoli, Steamed Basmati Rice, Fasolakia Lathera Greek Green Beans. [Calories 40-620]

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), Chili Cheese Dog (W,M,S), House Made Chips, Lettuce, Tomato, Onion, Pickle. [Calories 5-2065]
Dinner Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (M,W,S), BBQ Wings (GF), House Made Chips, Lettuce, Tomato, Onion, Pickle. [Calories 5-2330]

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; 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 Burrito (W), Vegan Sausage Patty, Sweet Potato Tofu Hash. [Calories 100-860]
Lunch Roasted Vegetable Chili (W), Mexican Rice (S), Calabacitas, Sweet Corn Succotash. [Calories 80-475]
Dinner Taco Seasoned Garden (W,S), Corn Tortilla, Diced Tomato, Diced Onions, Black Beans, Vegan Mozzarella Cheese, Shredded Lettuce[Calories 5-455]

WHEATLESS WAYS

Breakfast Scrambled Eggs (E), Pork Bacon, Turkey Sausage Patty, Spiced Diced Potato. [Calories 80-575]
Lunch Beef Barbacoa, Corn Tortilla, Seasoned Beans & Corn, Cilantro Lime Rice, Pineapple Salsa, Lime Crema (M), Shredded Cheddar (M). [Calories 20-625]
Dinner Chicken Cacciatore, Jasmine Rice, Blistered Green Bean with Garlic, Turmeric Roasted Cauliflower. [Calories 60-910]

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 Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (M,W,S), Mushroom Swiss Burger (W,S,M,F), Shoestring Fries (S,W), Lettuce, Tomato, Onion, Pickle. [Calories 5-2640]
Dinner Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), Turkey Burger with Pepper Jack (W,S,M), Shoestring Fries (W,S), Lettuce, Tomato, Onion, Pickle. [Calories 5-1635]

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,W,S,E). [Calories 290-360]

CULINARY CREATIONS

Lunch/Dinner Sushi Rice Bowl – Buffalo Chicken Bowl; Sushi Rice with Quinoa, Avocado Slices, Tofu (S), Cucumber Slices, Carrot Slices, Chicken, Sesame Seed Blend (SS), Buffalo Sauce, Celery Slices, Green Onions, Ranch Dressing, Nori Chips (S,E). [Calories 10-1070]

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 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 Vegan Buffalo Chicken Mac & Cheese (W,S), Roasted Broccoli, Roasted Asparagus, Roasted Cauliflower. [Calories 60-640]
Dinner White Sun-Dried Tomato Stew Beans, Roasted potatoes with Lemon Vinaigrette, Roasted Brussels Sprouts. [Calories 150-680]

WHEATLESS WAYS

Breakfast Scrambled Eggs (E), Turkey Bacon, Sausage Patty, Triangle Hash Browns (S). [Calories 60-610]
Lunch Cajun Jambalaya, Sweet Corn Cheddar Grits (M), Garlic Roasted Okra, Slow Cooked Collard Greens. [Calories 60-455]
Dinner Kuku Paka Coconut Chicken Curry (T), Bok Choy Stir Fry (SS), Jasmine Rice, Ginger & Garlic Broccoli. [Calories 45-665]

FLASH GRILL

Breakfast Biscuit (M,S,W,E), Sausage Gravy (M,W), Egg & Cheese Breakfast Biscuit (M,W,E,S), Sausage Biscuit (M,S,W,E). [Calories 80-1130]
Lunch Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), Nashville Style Hot Chicken Sandwich (W,M,S), Curly Fries (VG,W,S), Lettuce, Tomato, Onion, Pickle. [Calories 5-1945]
Dinner Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (M,W,S), Cauliflower Bites (M,S,W,E), Curly Fries (VG,W,S), Lettuce, Tomato, Onion, Pickle. [Calories 5-2140]

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 Sushi Rice Bowl – Vegan Bowl; Sushi Rice with Quinoa, Avocado Slices, Cucumber Slices, Carrot Slices, Pickled Asian Vegetables, Sesame Seed Blend (SS), Spicy Mayo (S), Celery Slices, Green Onions, Wasabi Mayo(S), Nori Chips (S,E). [Calories 10-1105]

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 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; 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 Banana Pancakes (W,S), Vegan Sausage Patty, Tofu Scrambled Pepper & Onion. [Calories 100-500]
Lunch Chicken Gardein (W,S), French Fries (S), Bell Peppers & Roasted Onions. [Calories 80-460]
Dinner Crispy Baked Orange Tofu (S), Jasmine Rice, Ginger & Garlic Broccoli, Ginger Snap Peas. [Calories 50-550]

WHEATLESS WAYS

Breakfast Scrambled Eggs (E), Bacon, Turkey Sausage Link, Shredded Hash Browns (S). [Calories 60-780]
Lunch Chicken Tikka Masala (M), Steamed Basmati Rice, Cauliflower Raisins Turmeric, Spicy Peas (SS). [Calories 60-660]
Dinner Oktoberfest Roasted Chicken Thigh, Rosemary Garlic Red Potatoes, Sugar Snap Peas & Baby Carrots, Sweet Corn Succotash. [Calories 70-710]

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 Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (M,W,S), Buffalo Chicken Sandwich (M,W,S), Tater Tots (S), Lettuce, Tomato, Onion, Pickle. [Calories 5-2720]
Dinner Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), Sandwich Reuben (E,W,M,S), Tater Tots (S), Lettuce, Tomato, Onion, Pickle. [Calories 5-2185]

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

CULINARY CREATIONS

Lunch/Dinner Sushi Rice Bowl – Blackened Bowl; Sushi Rice with Quinoa, Avocado Slices, Spicy Mayo (S), Cucumber Slices, Carrot Slices, Blackened Chicken (W,S), Sesame Seed Blend (SS), Eel Sauce, Green Onions, Blackened Tofu (S), Nori Chips (S,E), Blackened Salmon (F). [Calories 10-1240]

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, 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,S), Brown Spinach Rice, Vegan Mozzarella Cheese, Corn Tortilla, Spicy Peas. [Calories 60-875]

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

WHEATLESS WAYS

Breakfast Scrambled Eggs (E), Turkey Bacon, Pork Sausage Links, Potatoes O'Brien. [Calories 60-730]

Lunch Baked Marinated Chermoula Chicken (GF), Seasoned Beans & Corn, Roasted Broccoli Florets, Turmeric Jasmine Rice. [Calories 5-515]

Dinner German Style Pork Loin, Herb Roasted Potatoes, Spiced Steamed Green Beans, Honey Glazed Carrots (M). [Calories 35-525]

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]

Dinner Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), Corn Dog (W,S,E), 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 Split Pea, Turkey Chili, 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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