

# TUESDAY

Menus subject to change.

**Breakfast** Scrambled Eggs (E), Tater Tots (S), Turkey Sausage or Pork Bacon [calories 60 - 770]

Oktoberfest Chicken Thighs (S), Herb Spaetzle Pasta (W,E), Braised Red Cabbage Lunch

and Creamed Spinach (M) [calories 100-705]

Carne Adovada, Brown Red Rice, Fire Roasted Sweet Corn and Peppers (S) and Dinner

Calabacitas (M) [calories 80-640]

### ROUND GRILL

Made to Order - Omelets (E) and Pancakes (E, S, M, W), Biscuits (M, E, S, W) and **Breakfast** 

Sausage Gravy (W, M) [calories 80-800]

**Chicken Wing Bar** with assorted toppings [calories 130-705] **Lunch/Dinner** 

### VEGAN

HOME

Breakfast Available Upon Request - Sweet Potato Tofu Hash, Breakfast Burrito (S), Breakfast

Sandwich (S, W), Breakfast Sausage (S, W) [calories 140-1190]

Lunch Lentil Bolognese (T) (Walnuts), Spaghetti (W), Roasted Garlic Broccolini and Eggplant

Caponata [calories 80-860]

Dinner Black Bean Bowl with Seasoned Vegan Chicken (S,W) [calories 130-535]

## **GLUTEN SOLUTION**

Sweet and Sour Pork (S), Jasmine Rice, Ginger Bok Choy (SS,S) and Spiced Lunch

Green Beans [calories 35 – 495]

Butter Chicken (M), Basmati Rice, Gatar Matar, and Cauliflower with Dinner

Turmeric and Raisins [calories 75–545]

Chicken Bacon Ranch Sandwich (M,E,W) or Bacon Cheeseburger (M,S,W) with Sweet Lunch

Potato Fries [calories 330-1000]

BBQ Chicken Sandwich (W,S) or Reuben Sandwich (E,M,W,S) with Curly Fries (S) [calories Dinner

190-1110]

Available upon request - Incogmeato Burger (W,S) or Veggie Burger (W,S)

[calories 220-280]

Lunch/Dinner

PIZZA

Cheese, Pepperoni, Veggie, Sausage (M, S, W) [calories 165-210]

W – Contains Wheat

M – Contains Milk

S – Contains Soy P – Contains Peanuts E - Contains Eggs

SF – Contains Shellfish

SS – Contains Sesame

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.