



Monday

Menus subject to change.

HOME

- Lunch** Grilled Jerk Chicken (S), Jasmine Rice, Fried Plantains, Steamed Spiced Broccoli, and Pineapple Salsa [calories 40-850]
- Dinner** Spaghetti (W), Meatballs (S,M,W), Roasted Garlic Broccolini, Eggplant Caponata and Marinara Sauce [calories 80-870]

TRANSFORMATION

- Lunch/Dinner** Gyro Bar with assorted toppings [calories 440-775]

VEGAN

- Breakfast** Tofu Scramble (S), Vegan Sausage (S) and Vegan Pancakes (S,W) [calories 100-500]
- Lunch** Pasta e Lenticche (W) and Zucchini Agrodolce (T-pinenuts) [calories 185-375]
- Dinner** Stuffed Mushroom (T-walnuts), Cauliflower Stuffing, Mashed Sweet Potatoes (T-coconut) [calories 105-955]

GLUTEN SOLUTIONS

- Breakfast** Scrambled Eggs (E), Scrambled Egg Whites (E), Turkey Bacon, Pork Sausage, Potatoes O'Brien [calories 60-890]
- Lunch** Curry Marinated Chicken, Vegetable Brown Rice, Spiced Green Beans, and Sugar Snap Peas and Baby Carrots [calories 35-2095]
- Dinner** Maple Pork Chops (S), Garlic Mashed Potatoes, Sautéed Mixed Vegetables, and Slow Cooked Collard Greens [calories 60-900]

GRILL

- Breakfast** Biscuits (E,W,S,M), Gravy (S,W) and Biscuits and Sausage Sandwich (S,W) [calories 280-715]
- Lunch** BBQ Chicken Sandwich (W,S), Sweet Potato Fries and Hamburger with Cheddar Cheese (S,W,M) [calories 70-890] *Available upon request* - Veggie Burger (S,W) [calories 280]
- Dinner** Chicken Parmesan Sandwich (S,W,M), Shoestring Fries (S,W) and Bacon Cheeseburger (S,W) [calories 170-990] *Available upon request* - Veggie Burger (S,W) [calories 280]

ACTION

- Lunch** Made-to-Order Pasta Bar [calories 285-1200]
- Dinner** Made-to-Order Stir Fry Bar [calories 130-910]

PIZZA

- Lunch/Dinner** Cheese (M,S,W), Pepperoni (M,S,W), Veggie, Sausage (M,S,W), BBQ Chicken (M,S,W), Caesar Salad (M,W,S,E,F) [calories 165-325]

W – Contains Wheat S – Contains Soy E – Contains Eggs
M – Contains Milk P – Contains Peanuts T – Contains Tree Nuts
SF – Contains Shellfish SS – Contains Sesame 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.