



# Saturday

*Menus subject to change.*

## HOME

**Lunch** Baked Teriyaki Chicken (S), Fried Rice (S), Ginger Bok Choy (S,SS) and Stir Fry Broccoli and Garlic [calories 70- 650]

## VEGAN

**Breakfast** Tofu Hash (S), Vegan Sausage (S) and Vegan French Toast (S,W) [calories 100-450]

**Dinner** Portobello Poutine (S,W) and Steamed Spiced Broccoli [calories 140-535]

## GLUTEN SOLUTIONS

**Lunch** Blackened Chicken Thighs, Vegetable Dirty Rice, Maque Choux (M) and Garlic and Parmesan Roasted Cauliflower (M) [calories 50-640]

**Dinner** Pork Carnitas, Cilantro Lime Rice, Roasted Butternut Squash with Chipotle and Fire Roasted Sweet and Corn and Peppers [calories 50-450]

## GRILL

**Breakfast** Biscuits (E,W,S,M) and Gravy (S,W)[calories 280-360]

**Dinner** Grilled Buffalo Chicken Sandwich (M,S,W), Turkey Burger (S,W) and Waffle Fries [calories 210-680]  
*Available upon request - Veggie Burger (S,W) [calories 280]*

## ACTION

**Breakfast** Scrambled Eggs (E), Scrambled Egg Whites (E), Turkey Sausage, Pork Bacon and Potatoes O'Brien [calories 60-890]

**Dinner** Made-to-Order Pasta Bar [calories 285-1200]

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.