



HOME

- Lunch** Pesto Baked Cod (F,M,W), Gemelli Artichoke Pasta (M,W), Garlic and Parmesan Roasted Cauliflower (M) and Eggplant Caponata [calories 90-780]
- Dinner** Beef Meatloaf (M,W,E), Spiced Green Beans, Herb Mashed Potatoes (M) and Roasted Baby Carrots with Thyme and Lemon Zest [calories 35-525]

TRANSFORMATION

- Lunch/Dinner** Baked Potato Bar with assorted toppings [calories 210-1025]

VEGAN

- Breakfast** Tofu Hash (S), Vegan Sausage (S) and Vegan French Toast (S,W) [calories 100-450]
- Lunch** Stuffed Mushroom (T-walnuts), Cauliflower Stuffing and Mashed Sweet Potatoes (T-coconut) [calories 105-955]
- Dinner** Palak Tofu (S), Basmati Rice and Cauliflower with Turmeric and Raisins [calories 80-410]

GLUTEN SOLUTIONS

- Breakfast** Scrambled Eggs (E), Scrambled Egg Whites (E), Turkey Sausage, Pork Bacon, Hash Brown Patty (S) [calories 60-510]
- Lunch** BBQ Roasted Chicken, Baked Bourbon Lentils (S), Roasted Garlic Broccolini and Maque Choux (M) [calories 50-1190]
- Dinner** Kalua Pork, Coconut Rice (T-coconut), Seasoned Stir Fry Vegetables (S) and Ginger Bok Choy (S,SS) [calories 70-610]

GRILL

- Lunch** BBQ Pork Sandwich with Coleslaw (S,W), Chicken Nuggets (S,W) and Curly Fries (S,W) [calories 160-680]
Available upon request - Veggie Burger (S,W) [calories 280]
- Dinner** Bacon Grilled Cheese (M,S,W), Turkey Burger with Pepper Jack Cheese (M,S,W) and Tater Tots [calories 150-670]
Available upon request - Veggie Burger (S,W) [calories 280]

ACTION

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

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.