



Friday

Menus subject to change.

HOME

- Lunch** Chicken Fajitas (S), Cilantro Lime Rice, Flour Tortillas (W), Spiced Black Beans, Calabacitas (M) and Pico de Gallo [calories 150-900]
- Dinner** Pork Chow Mein (W,S,SS), Seasoned Stir Fry Vegetables (S) and Broccoli with Sesame Garlic Sauce (S,SS) [calories 110-595]

TRANSFORMATION

- Lunch/Dinner** Mac and Cheese Bar with assorted toppings [calories 285-890]

VEGAN

- Breakfast** Tofu Scramble (S), Vegan Sausage (S) and Vegan Pancakes (S,W) [calories 100-500]
- Lunch** Portobello Poutine (S,W) and Steamed Spiced Broccoli [calories 40-435]
- Dinner** Chana Masala, Basmati Rice, Turmeric Cauliflower and Gatar Matar [calories 75-695]

GLUTEN SOLUTIONS

- Breakfast** Scrambled Eggs (E), Scrambled Egg Whites (E), Turkey Bacon, Pork Sausage, Breakfast Spiced Diced Potatoes [calories 60-890]
- Lunch** Taco Seasoned Ground Turkey, Corn Tortillas, Mexican Street Corn (M) and Lettuce/Tomato [calories 170-555]
- Dinner** Beef Bolognese, Herb Lentil Pasta, Maque Choux, Sugar Snap Peas and Baby Carrots, Steamed Broccoli Florets and Calabacitas (M) [calories 40-1240]

GRILL

- Lunch** Corn Dog (S,M,W,E) Hamburger with Cheddar Cheese (M,S,W) and Shoestring Fries (S,W) [calories 170-900]
Available upon request - Veggie Burger (S,W) [calories 280]
- Dinner** Grilled Buffalo Chicken Sandwich (M,S,W), Bacon Cheeseburger (S,W) and Sweet Potato Fries [calories 280-880] *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), Garlic Pizza (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.