



Saturday

Menus subject to change.

VEGAN

- Breakfast** Tofu Hash (S), Vegan Sausage (S) and Vegan French Toast (S,W) [calories 100-450]
- Dinner** Vegetable Yakisoba (S,W), Vegan Teriyaki “Chicken” (S,W) and Ginger and Garlic Broccoli [calories 140-845]

GLUTEN SOLUTIONS

- Lunch** Mojo Pork, Brown Rice, Plantains and Steamed Broccoli [calories 40-1095]
- Dinner** Cranberry Balsamic Chicken Thighs (S), Vegetable Brown Rice, Roasted Brussel Sprouts with Caramelized Onions (M) and Garlic and Parmesan Roasted Cauliflower (M) [calories 90-1170]

GRILL

- Dinner** Chicken Parmesan Sandwich (M,S,W), Turkey Burger with Pepper Jack Cheese (M,S,W) and Shoestring Fries (S,W) [calories 170-990] *Available upon request* - Veggie Burger (S,W) [calories 280]

ACTION

- Breakfast** Scrambled Eggs (E), Scrambled Egg Whites (E), Turkey Sausage, Pork Bacon, 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.