



# Tuesday

Menus subject to change.

## HOME

- Lunch** Kalua Pork, Seasoned Stir Fry Vegetables (S), Coconut Rice (T-coconut), and Ginger Bok Choy (S,SS) [calories 70-610]
- Dinner** Beef Barbacoa, Cilantro Lime Rice, Mexican Street Corn (M), and Calabacitas (M) [calories 150-680]

## TRANSFORMATION

- Lunch/Dinner** Taco Bar with assorted toppings [calories 145-845]

## VEGAN

- Breakfast** Tofu Hash (S), Vegan Sausage (S) and Vegan French Toast (S,W) [calories 100-450]
- Lunch** Roasted Vegetable Chili Rellenos (W), Spanish Rice, and Roasted Yellow Squash Zucchini [calories 60-330]
- Dinner** Lentil Falafel Bowl (SS), Fassolakia Lathera and Vegan "Chicken" Souvlaki (S) [calories 70-560]

## GLUTEN SOLUTIONS

- Breakfast** Scrambled Eggs (E), Scrambled Egg Whites (E), Turkey Sausage, Pork Bacon, Shredded Hash Browns [calories 60-680]
- Lunch** Dijon Maple Chicken Thighs, Creamy Parmesan Pesto Polenta (M), Mediterranean Roasted Vegetables, Spiced Green Beans [calories 35-595]
- Dinner** Herb Roasted Chicken, Creamy Herb Polenta (M), Blistered Green Beans with Garlic, and Sauteed Zucchini and Tomatoes [calories 60-520]

## GRILL

- Breakfast** Biscuits (E,W,S,M) and Gravy (S,W) [calories 280-360]
- Lunch** Bacon Grilled Cheese (S,W,M), Turkey Burger with Pepper Jack Cheese (S,W,M) and Waffle Fries [calories 210 – 730] *Available upon request* - Veggie Burger (S,W) [calories 280]
- Dinner** 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]

## ACTION

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

## PIZZA

- Lunch/Dinner** Cheese (M,S,W), Pepperoni (M,S,W), Veggie (M,S,W), Sausage (M,S,W), Garlic (M,S,W), Caesar Salad (M,W,S,E,F - anchovies) [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.