



HOME

Lunch	Beef Bolognese, Whole Wheat Penne Pasta (W), Sauteed Yellow Squash and Zucchini and Roasted Garlic Broccoli [calories 5-905]
Dinner	Orange Chicken (S,W,SS), Jasmine Rice, Chinese Style Green Beans (S,SS), Ginger Bok Choy (S,SS) [calories 70-930]

TRANSFORMATION

Lunch/Dinner	Hot Dog Bar with assorted toppings [calories 110-1125]
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VEGAN

Breakfast	Tofu Scramble (S), Vegan Sausage (S) and Vegan Pancakes (S,W) [calories 100-500]
Lunch	Texas Mushroom Chili, Jasmine Rice, Spiced Green Beans, Butternut Squash Succotash [calories 35-665]
Dinner	Mushroom Street Tacos (S,T)(cashew), Mexican Rice (S), Corn Tortillas, Lettuce and Diced Tomatoes [calories 95-295]

GLUTEN SOLUTIONS

Breakfast	Scrambled Eggs (E), Scrambled Egg Whites (E), Turkey Bacon, Pork Sausage, Tater Tots (S) [calories 60-890]
Lunch	Grilled Marinated Chicken Breast (S), Mashed Potatoes, Corn, Steamed Spiced Broccoli [calories 40-480]
Dinner	Seared Salmon with Cranberry Citrus Sauce (F), Herb Mashed Potatoes (M), Roasted Baby Carrots with Thyme and Lemon Zest [calories 80-550]

GRILL

Breakfast	Biscuits (E,W,S,M), Gravy (S,W) and Biscuits and Sausage Sandwich (S,W). [calories 280-715]
Lunch	Chicken Nuggets (S,W), Hamburger with Cheddar Cheese (M,S,W) and Shoestring Fries (S,W) [calories 170-1130] <i>Available upon request</i> - Veggie Burger (S,W) [calories 280]
Dinner	Turkey and Swiss Sandwich (M,S,W), Hamburger with Cheddar Cheese (M,S,W) and Sweet Potato Fries [calories 180-650] <i>Available upon request</i> - 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 (M,S,W), Sausage (M,S,W), Buffalo Chicken (M,S,W), Caesar Salad (M,W,S,E,F - anchovies) [calories 165-325]
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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.