



## HOME

- Lunch** Chicken Tenders (W), Peas and Carrots, Waffles (M,S,W), and Syrup [calories 40-610]
- Dinner** Chicken Cacciatore, Herb Pasta (W), Mediterranean Roasted Vegetables and Herby Parmesan Roasted Squash and Lentils (M) [calories 180-970]

## TRANSFORMATION

- Lunch/Dinner** Gyro Bar with assorted toppings [calories 440-775]

## VEGAN

- Breakfast** Tofu Scramble (S), Vegan Sausage (S) and Vegan Pancakes (S,W) [calories 100-500]
- Lunch** Thai Coconut Curry (S,T-coconut), Jasmine Rice and Steamed Spiced Snap Peas [calories 40-340]
- Dinner** Tofu and Potato Goulash (S), Brown Rice and Braised Red Cabbage [calories 100-530]

## GLUTEN SOLUTIONS

- Breakfast** Scrambled Eggs (E), Scrambled Egg Whites (E), Turkey Bacon, Pork Sausage, Potatoes O'Brien [calories 60-890]
- Lunch** Grilled Marinated Chicken Breast (S), Mashed Potatoes (S), Corn and Steamed Spiced Broccoli [calories 40-470]
- Dinner** Grilled Marinated Chicken Breast (S), Baked Bourbon Lentils (S), Roasted Baby Carrots with Thyme and Lemon Zest and Maque Choux (M) [calories 50-900]

## GRILL

- Lunch** Grilled Cheese (M,S,W), Turkey Burger with Pepper Jack Cheese (M,S,W) and Waffle Fries [calories 210-670] *Available upon request* - Veggie Burger (S,W) [calories 280]
- Dinner** Buffalo Chicken Nuggets (S,W), Hamburger with Cheddar Cheese (M,S,W) and Curly Fries (S,W) [calories 160-610] *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), 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.