



Tuesday

Menus subject to change.

HOME

- Lunch** Creamy Dijon and Rosemary Chicken Breast (M), Brown and Wild Rice Pilaf with Apple Cider and Cranberries, Garlic and Parmesan Roasted Cauliflower and Pesto Green Beans (M) [calories 90-570]
- Dinner** Maple Pork Chops (S), Pumpkin Spiced Sweet Potatoes, Roasted Cauliflower with Apples and Pecans (T-pecans) and Sautéed Mixed Vegetables [calories 100-930]

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** Lentil Bolognese (T-walnuts), Spaghetti (W), Roasted Garlic Broccolini and Eggplant Caponata [calories 80-860]
- Dinner** Black Bean Bowl [calories 405]

GLUTEN SOLUTIONS

- Breakfast** Scrambled Eggs (E), Scrambled Egg Whites (E), Pork Bacon, Turkey Sausage, Shredded Hash Browns [calories 60-680]
- Lunch** Sweet and Sour Pork (S), Jasmine Rice, Ginger Bok Choy (S,SS) and Spiced Green Beans [calories 35-495]
- Dinner** Butter Chicken (M), Basmati Rice, Gatar Matar and Cauliflower with Turmeric and Raisins [calories 75-615]

GRILL

- Lunch** Chicken Bacon Ranch Sandwich (W,S,E), Sweet Potato Fries, Bacon Cheeseburger (S,W) and Sweet Potato Fries [calories 180 – 1540] *Available upon request* - Veggie Burger (S,W) [calories 280]
- Dinner** BBQ Chicken Sandwich (S,W), Turkey Burger with Pepper Jack Cheese (M,S,W) and Waffle Fries [calories 210-570] *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, 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.