



HOME

Lunch	BBQ Pork Sandwich (S,W), French Fries (S), Coleslaw (S,E) and Steamed Broccoli Florets [calories 40-980]
Dinner	Chicken Tikka Masala (M), Basmati Rice, Gatar Matar and Cauliflower with Turmeric and Raisins [calories 75-675]

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	Taco Seasoned Tofu (S), Flour Tortilla (W), Roasted Butternut Squash with Chipotle and Lettuce/Tomato [calories 180-330]
Dinner	Shepherd's Pie, Roasted Brussel Sprouts and Sugar Snap Peas and Baby Carrots [calories 70-435]

GLUTEN SOLUTIONS

Breakfast	Scrambled Eggs (E), Scrambled Egg Whites (E), Turkey Bacon, Pork Sausage, Tater Tots (S) [calories 60-890]
Lunch	Barramundi with Parsley Sauce (M,F), Brown Rice with Tomato, Onion and Basil, Braised Red Cabbage and Roasted Carrots with Thyme and Lemon Zest [calories 80-730]
Dinner	Pot Roast, Herb Mashed Potatoes (M), Honey Glazed Carrots (M), Spiced Green Beans and Gravy [calories 35-380]

GRILL

Lunch	Turkey and Swiss Sandwich (M,S,W), Hamburger with Cheddar Cheese (M,S,W) and Shoestring Fries (S,W) [calories 170-640] <i>Available upon request</i> - Veggie Burger (S,W) [calories 280]
Dinner	Hot Dog, Hamburger with Cheddar Cheese (M,S,W) and Shoestring Fries (S,W) [calories 170-620] <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, Sausage (M,S,W), Buffalo Chicken (M,S,W), Caesar Salad (M,W,S,E,F) [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.
Consuming raw or undercooked eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.