

## SUNDAY

*Menus subject to change.*

## HOME

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**Dinner** Chicken Alfredo (W,M), Penne Pasta (V,W), Roasted Broccoli (VG,GF), Breadsticks (S,W). [Calories 25-1,120]

## VEGAN

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**Dinner** Thai Coconut Curry (S,T(Coconut)), Jasmine Rice, Steamed Spiced Snap Peas, Stir Fry Bok Choy (SS). [Calories 40-385]

## GLUTEN SOLUTION

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**Dinner** Pot Roast (S), Garlic Blistered Green Beans, Mashed Sweet Potatoes (T (Coconut)), Fire Roasted Peppers & Sweet Corn, Gravy. [Calories 80-950]

## GRILL

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**Dinner** Grilled Marinated Chicken Sandwich (S,W,M), Hamburger (S), Grilled Cheese Sandwich (M,W,S), BBQ Pork Sandwich (W,S), Tater Tots (S), Lettuce, Tomato, Onion, Pickle. [Calories 5-2,770]

## PIZZA

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**Dinner** Cheese (V,M,W,S), Pepperoni (M,W,S), Veggie (V,M,W,S), Garlic Pizza (V,M,W,S). [Calories 290-410]

W – Contains Wheat  
M – Contains Milk  
SF – Contains Shellfish

S – Contains Soy  
P – Contains Peanuts  
SS – Contains Sesame

E – Contains Eggs  
T – Contains Tree Nuts  
F – Contains Fish

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional Nutrition information available upon request.

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# MONDAY

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## HOME

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**Breakfast** Croissant (V,M,W), English Muffin (VG,W), White Bagel (VG,W), Flour Tortilla (VG,W), Egg Patty (V,M,E), Cheddar Cheese (V,M), Ham, Bacon, Sliced Tomato, Pepper Jack Slice (V,M), Spinach, Sausage Patty, Sausage Gravy (M,W), Biscuits (V,M,S,W,E) [Calories 3-1753]

**Lunch** Chicken Fried Orange (S,SS,W), Khao Pad Fried Rice (S,SF), Chinese Style Green Beans, Ginger Bok Choy (S,SS), Egg Roll (S,W). [Calories 70-1150]

**Dinner** Salmon Grilled Cream Tomato Herb Sauce (F,M), Rice Brown Lemon and Herb, Roasted Potatoes, Vegetable Roasted Mediterranean. [Calories 60-640]

## ROUND GRILL

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**Breakfast** Scrambled Eggs (V,E), Sausage Links, Shredded Hash Browns, Bacon, Blueberry Pancake (V,E,W,S,M), Sausage Gravy (W,M), Biscuits (V,E,W,S,M), Plain Pancake (V,E,W,S,M), French Toast (V,E,W,S,M), Chocolate Chip Pancake (V,E,W,S,M). [Calories 80-1870]

**Lunch /Dinner** Philly Cheesesteak Bar; Beefy Philly Meat (GF), Chicken Philly Meat (GF), Hoagie Roll (W,S), Roasted Bell Peppers & Onions (VG,GF), Cheddar Sauce (S,V,M), Sliced Mushrooms, Banana Peppers, Pizza Sauce (S), Black Olives. [Calories 5-1280]

## VEGAN

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**Breakfast** Vegan Breakfast Sandwich (W,S), Vegan Sausage Patty (S,W), Vegan Scrambled Eggs. [Calories 100-670]

**Lunch** Vegan Chicken Philly; Chicken Gardein (W,S), French Fries (S), Bell Peppers & Onions Roasted, Hoagie Roll (W,S), Vegan Cheddar Cheese Slice, Vegan Chocolate Chip Cookie. [Calories 60-760]

**Dinner** Vegan Shepard's Pie, Roasted Garlic Broccolini, Sugar Snap Peas & Baby Carrots, Peas Spicy (SS). [Calories 60-315]

## GLUTEN SOLUTION

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**Breakfast** Scrambled Eggs (E), Turkey Bacon, Pork Sausage Link, Potatoes O'Brien. [Calories 60-760]

**Lunch** Grilled Marinated Chicken Breast (S), Mashed Potatoes (S), Corn, Gluten Free Gravy. [Calories 5-435]

**Dinner** Pork al Pastor, Steamed Beans Green Spiced (VG), Pineapple Salsa (VG), Mexican Street Corn (M), Jasmine Rice (VG). [Calories 50-765]

## GRILL

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**Lunch** Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (V,M,W,S), BBQ Chicken Nuggets (W,S), Shoestring Fries, Lettuce, Tomato, Onion, Pickle. [Calories 5-2,300]

**Dinner** Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (V,M,W,S), Turkey Burger with Pepper Jack (S,W,M), Shoestring Fries (S,W), Lettuce, Tomato, Onion, Pickle. [Calories 5-1635]

## PIZZA

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**Lunch/Dinner** Cheese (V,M,W,S), Pepperoni (M,W,S), Veggie (V,M,W,S), Mac & Cheese (V,M,S,W). [calories 290-1,310]

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M – Contains Milk  
SF – Contains Shellfish

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P – Contains Peanuts  
SS – Contains Sesame

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T – Contains Tree Nuts  
F – Contains Fish

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## TUESDAY

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## HOME

**Breakfast** Croissant (V,M,W), English Muffin (VG,W), White Bagel (VG,W), Flour Tortilla (VG,W), Egg Patty (V,M,E), Cheddar Cheese (V,M), Ham, Bacon, Sliced Tomato, Pepper Jack Slice (V,M), Spinach, Sausage Patty, Sausage Gravy (M,W), Biscuits (V,M,S,W,E). [Calories 3-1,753]

**Lunch** BBQ Pork, Food Truck Macaroni and Cheese (W,M), Hamburger Bun (W), Baked Beans (GF,F- Anchovy), Collard Greens (VG,GF). [Calories 25-1455]

**Dinner** Roasted Herb Pork Lion (GF), Spicy Steamed Green Beans (VG,GF), Herbed Mashed Potatoes (V,M), Mushroom Gravy (S). [Calories 25-570]

## ROUND GRILL

**Breakfast** Scrambled Eggs (V,E), Sausage Links, Potatoes O'Brien (V), Bacon, Blueberry Pancake (V,M,S,W,E), Sausage Gravy (M,W), Biscuits (V,M,S,W,E), Plain Pancake (V,M,S,W,E), French Toast (V,M,S,W,E), Chocolate Chip Pancake (V,M,S,W,E). [Calories 60-1,850]

**Lunch/Dinner** Nacho Bar; Tortilla Chips, Cilantro Lime Rice, Mexican Rice (S), Taco Seasoned Tofu (VG,S), Turkey Taco Meat, Beef Barbacoa (W), Fajita Chicken, Black Beans, Refried Beans, Shredded Lettuce, Shredded Cheese (M), Nacho Cheese (M), Salsa, Sour Cream (M), Guacamole, Jalapenos. [Calories 5-1,775]

## VEGAN

**Breakfast** Vegan Banana Pancakes (W,S), Vegan Sausage Patty (S,W), Tofu Scramble Pepper & Onion. [Calories 100-500]

**Lunch** Vegan Buffalo Chicken Mac and Cheese (W,S), Roasted Broccoli (GF), Roasted Asparagus (GF), Roasted Cauliflower (GF). [Calories 60-640]

**Dinner** Tofu Baked Gravy Mushroom (S), Roasted Lemon Parsley Red Potatoes (GF), Steamed Broccoli Florets (GF), Swiss Chard w/ Pine Nuts & Golden Raisins (T (Pine Nuts), GF). [Calories 40-550]

## GLUTEN SOLUTION

**Breakfast** Scrambled Eggs (V,E), Pork Bacon, Turkey Sausage Patty, Spiced Diced Potato, Gluten Free Pancakes. [Calories 60-475]

**Lunch** Grilled Teriyaki Salmon (S,F), Roasted Cauliflower with Pecans (T (Pecans, VG), Broccoli Ginger & Garlic (VG), Lemon Herb Rice (VG). [Calories 90-470]

**Dinner** Blackened Chicken, Potatoes Red Rosemary Garlic, Honey Glazed Carrots (V,M), Maple Roasted Brussel Sprouts (M,V). [Calories 100-830]

## GRILL

**Lunch** Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (V,M,W,S), Taquitos (W,S,E), Steak Fries (S), Lettuce, Tomato, Onion, Pickle. [Calories 5-1,355]

**Dinner** Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (V,M,W,S), Nuggets (S,W), Steak Fries (S), Lettuce, Tomato, Onion, Pickle. [Calories 5-2,180]

## PIZZA

**Lunch/Dinner** Cheese (V,M,W,S), Pepperoni (M,W,S), Veggie (V,M,W,S), Margarita (V,M,W). [Calories 290-1,120]

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## WEDNESDAY

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## HOME

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**Breakfast** Croissant (V,M,W), English Muffin (VG,W), White Bagel (VG,W), Flour Tortilla (VG,W), Egg Patty (V,M,E), Cheddar Cheese (V,M), Ham, Bacon, Sliced Tomato, Pepper Jack Slice (V,M), Spinach, Sausage Patty, Sausage Gravy (M,W), Biscuits (V,M,S,W,E) [Calories 3-1753]

**Lunch** Chicken Tender (W,S), Waffles (S,W,M), Peas & Carrots (VG,GF), Syrup. [Calories 40-690]

**Dinner** Noodle Chow Mein Pork (S,W,SS), Vegetables Stir Fry Seasoned (VG,GF,S), Broccoli with Sesame Garlic Sauce (S,SS), Egg Roll (S,W). [Calories 110-765]

## ROUND GRILL

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**Breakfast** Scrambled Eggs (V,E), Sausage Patty, Breakfast Spiced Potatoes (VG,GF), Bacon, Blueberry Pancake (V,M,S,W,E), Sausage Gravy (M,W), Biscuits (V,M,S,W,E), Plain Pancake (V,M,S,W,E), French Toast (V,M,S,W,E), Chocolate Chip Pancake (V,M,S,W,E). [Calories 80-1665]

**Lunch** Pasta Bar; Bowtie Pasta (VG,W), Alfredo (S,M), Marinara (S,VG), Bread Stick (W), Fajita Chicken, Yellow Onions, Green Peppers, Sliced Mushrooms, Fresh Spinach, Diced Tomato, Pesto, Parmesan Cheese (M), Whole Wheat Penne (VG,W). [Calories 5-1,815]

## VEGAN

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**Breakfast** Vegan Breakfast Burrito (W), Vegan Sausage Patty (S,W), Sweet Potato Tofu Hash. [Calories 100-860]

**Lunch** Vegan Chickpea Tacos (S,W), Brown Spanish Rice (GF), Vegan Mozzarella Cheese, Corn Tortilla, Spicy Peas (SS,GF), Vegan Chocolate Chip Cookie. [Calories 60-875]

**Dinner** Creole Red Beans & Rice, Blistered Green Beans w/Garlic (GF), Maque Choux (GF). [Calories 50-410]

## GLUTEN SOLUTION

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**Breakfast** Scrambled Eggs (E), Turkey Bacon, Sausage Patty, Triangle Hash Browns (S). [Calories 60-610]

**Lunch** Herb Marinated Grilled Flank Steak, Potatoes Red Roasted Lemon Parsley (VG), Peppers & Green Beans Roasted (VG), Roasted Asparagus (VG). [Calories 90-980]

**Dinner** Chicken Curry, Brown Rice Vegetable (V), Turmeric Roasted Cauliflower (VG), Carrots Roasted Cardamom (VG). [Calories 60-1205]

## GRILL

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**Lunch** Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (V,M,W,S), Bacon Cheese Burger (S,W), House Made Chips (S,VG), Lettuce, Tomato, Onion, Pickle. [Calories 5-2420]

**Dinner** Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (V,M,W,S), Corn Dog (W,S,E), House Made Chips (VG,S), Lettuce, Tomato, Onion, Pickle. [Calories 5-1565]

## PIZZA

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**Lunch/Dinner** Cheese (V,M,W,S), Pepperoni (M,W,S), Veggie (V,M,W,S), Buffalo Chicken Pizza (M,S,W). [Calories 290-1120]

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SS – Contains Sesame

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F – Contains Fish

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# THURSDAY

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## HOME

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**Breakfast** Croissant (V,M,W), English Muffin (VG,W), White Bagel (VG,W), Flour Tortilla (VG,W), Egg Patty (V,M,E), Cheddar Cheese (V,M), Ham, Bacon, Sliced Tomato, Pepper Jack Slice (V,M), Spinach, Sausage Patty, Sausage Gravy (M,W), Biscuits (V,M,S,W,E) [Calories 3-1753]

**Lunch** Pesto Baked Cod (W,F,M), Gemelli Artichoke Pasta (W,M), Garlic & Parmesan Roasted Cauliflower (V,M), Mediterranean Roasted Vegetables (VG,GF). [Calories 90-700]

**Dinner** Meatballs (M,S,W), Hoagie Roll (W), Marinara, Onion Rings (W,M,S), Coleslaw (E,S), Fire Roasted Peppers & Corn (VG). [Calories 45-875]

## ROUND GRILL

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**Breakfast** Scrambled Eggs (E,V,GF), Sausage Patty, Triangle Hash Browns (S), Bacon, Blueberry Pancake (M,S,W,E,V), Sausage Gravy (M,W), Biscuits (V,M,S,W,E), Plain Pancake (M,S,W,E,V), French Toast (M,S,W,E,V), Chocolate Chip Pancake (M,S,W,E,V). [Calories 80-1665]

**Lunch/Diner** Gyro Bar; Grilled Chicken Souvlaki (GF), Beef Gyro Slices (W,S), Pita Bread (W,VG), Tzatziki Sauce (M,GF), Hummus (VG,GF), Shredded Lettuce, Diced Red Onion, Kalamata Olives, Diced Cucumber, Feta Cheese (M,GF), Banana Peppers, Mediterranean Roasted Vegetables (VG,GF), Basmati Rice (VG,GF), Vegan Chicken Souvlaki (S,VG,GF). [Calories 5-1680]

## VEGAN

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**Breakfast** Vegan Breakfast Sandwich (W,S), Vegan Sausage Patty (S,W), Vegan Scrambled Eggs (GF). [Calorie 100-620]

**Lunch** Vegan Baked Potato Bar; Vegan Mozzarella Cheese, Steamed Broccoli Florets (GF), Roasted Mushrooms (GF), Roasted Cauliflower (GF), Vegetarian Chili, Potatoes Baked Whole (VG). [Calories 40-720]

**Dinner** Vegan Chicken Souvlaki (S), Pita Bread, Mediterranean Roasted Vegetables (GF), Vegan Mayo (S), Steamed Basmati Rice (GF) . [Calories 90-720]

## GLUTEN SOLUTION

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**Breakfast** Scrambled Eggs (E), Bacon, Turkey Sausage Link, Shredded Hash Browns, Gluten Free Pancakes (M,E). [Calories 60-830]

**Lunch** Noodle Pad Thai Chicken (E,S), Steamed Spiced Broccoli (VG), Roasted Cauliflower (VG). [Calories 40-520]

**Dinner** Grilled BBQ Pork Chop (S,E), Spiced Black Beans (VG), Salsa Mango Floribbean (VG), Black Eyed Peas, Roasted Sweet Potato. [Calories 70-1,030]

## GRILL

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**Lunch** Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (V,M,W,S), Bacon Grilled Cheese (M,W,S), Sweet Potato Fries, Lettuce, Tomato, Onion, Pickle. [Calories 5-1,945]

**Dinner** Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (V,M,W,S), Chicken Burger Buffalo Sandwich (M,S,W), Sweet Potatoes Fries, Lettuce, Tomato, Onion, Pickle. [Calories 5-2650]

## PIZZA

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**Lunch/Dinner** Cheese (V,M,W,S), Pepperoni (M,W,S), Veggie (V,M,W,S), Garlic Pizza (V,M,S,W). [Calories 290-1250]

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## FRIDAY

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## HOME

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**Breakfast** Croissant (V,M,W), English Muffin (VG,W), White Bagel (VG,W), Flour Tortilla (V,W), Egg Patty (V,M,E), Cheddar Cheese (V,M), Ham, Bacon, Sliced Tomato, Pepper Jack Slice (V,M), Spinach, Sausage Patty, Sausage Gravy (M,W), Biscuits (V,M,S,W,E) [Calories 3-1753]

**Lunch** Baked Chicken Taquitos (M,S,W), Spanish Rice (VG,GF), Refried Beans, Roasted Zucchini Cotija (V,M). [Calories 100-570]

## VEGAN

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**Breakfast** Vegan Banana Pancakes (W,S), Vegan Sausage Patty (W,S), Tofu Scramble Pepper & Onion (S). [Calories 100-500]

**Lunch** Black Bean Bowl. [Calories 405]

## GLUTEN SOLUTION

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**Breakfast** Scrambled Eggs (E), Turkey Bacon, Pork Sausage Link, Potatoes O'Brien (V). [Calories 60-760]

**Lunch** Herb Roasted Chicken (S), Sugar Snap Peas & Baby Carrots (VG), Brussel Sprouts Roasted (VG), Mashed Potatoes (V,M). [Calories 70-1,200]

## GRILL

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**Lunch** Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (M,W,S), Buffalo Nuggets (W,S), Fish and Chips (W,M,F), Waffle Fries, Lettuce, Tomato, Onion, Pickle. [Calories 5-2,710]

## PIZZA

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**Lunch/Dinner** Cheese (V,M,W,S), Pepperoni (M,W,S), Veggie (V,M,W,S), Sausage (M,S,W, E). [Calories 290-1260].

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