



# SUNDAY

Menus subject to change.

## HOME

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**Dinner** Pork al Pastor, Refried Beans, Cilantro Lime Rice (VG,GF), Pico De Gallo (VG,GF), Roasted Zucchini Cotija (V,M,GF). [Calories 10-710]

## VEGAN

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

## GLUTEN SOLUTION

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**Dinner** Fish Tacos (M,F), White Cilantro Lime Rice (VG), Black Beans, Pineapple Salsa (VG), Lime Crema (M), Shredded Cheddar (V,M). [Calories 20-655]

## GRILL

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**Dinner** Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (V,M,W,S), BBQ Pork Sandwich (S,W), Tater Tots (VG,GF), Lettuce, Tomato, Onion, Pickle. [Calories 5-2770]

## PIZZA

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**Dinner** Cheese (V,M,W,S), Pepperoni (M,W,S), Veggie (V,M,W,S), Sausage (M,S,W, E). [Calories 290-360]

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

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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). [Calorie 3-1753]

**Lunch** Beef Barbacoa (GF), Cilantro Lime White Rice (VG,GF), Seasoned Beans & Corn (VG,GF), Spanish Style Roasted Potatoes (VG,GF). [Calories 50-540]

**Dinner** Oktoberfest Chicken Thigh Roasted, Kaspätzle (V,M,W,E), Saurkraut (VG,GF), German Red Cabbage (VG,GF). [Calories 60-790]

## ROUND GRILL

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**Breakfast** Scrambled Eggs (E,V,GF), Sausage Links, Shredded Hash Browns, 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 80-1870]

**Lunch/Dinner** Gyro Bar; Chicken Souvlaki Grilled, Beef Gyro Slices (W,S), Pita bread (W), Tzatziki Sauce (M), Hummus, Shredded Lettuce, Diced Red Onion, Kalamata Olives, Diced Cucumber, Feta Cheese (M), Banana Peppers,

Mediterranean Roasted Vegetables (VG,GF), Basmati Rice (VG,GF), Vegan Chicken Souvlaki (VG). [Calories 5-1680]

## VEGAN

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**Breakfast** Vegan Breakfast Burrito (W), Vegan Sausage Patty (S,W), Vegan Scrambled Eggs. [Calories 100-860]

**Lunch** Texas Mushroom Chili, Jasmine Rice (GF), Spiced Green Bean (GF),

Butternut Squash Succotash, Vegan Chocolate Chip Cookie. [Calories 35-665]

**Dinner** Eggplant Caponata, Sphagetti (W), Roasted Broccoli (GF), Mixed Vegetables (GF). [Calories 60-700]

## GLUTEN SOLUTION

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

**Lunch** Mashed Potato Bowl; Grilled Marinated Chicken Breast (S), Mashed Potatoes (VG,S), Corn, Gluten Free Gravy. [Calories 5-355]

**Dinner** BBQ Pork Chop (E,S), Seasoned Beans & Corn (VG), Carrot Honey Glazed (V,M), Roasted Potato with Lemon Vinaigrette (VG). [Calories 100-600]

## GRILL

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**Lunch** Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (V,M,W,S), BBQ Nuggets, Shoestring Fries (W,S), Lettuce, Tomato, Onion, Pickle. [Calories 5-2830]

**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 (W,S), Lettuce, Tomato, Onion, Pickle. [Calories 5-1405]

## PIZZA

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**Lunch/Dinner** Cheese (V,M,W,S), Pepperoni (M,W,S), Veggie (V,M,W,S), BBQ Chicken (M,W,S). [Calories 290-340]

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

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## TUESDAY

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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). [Calorie 3-1753]

**Lunch** Roasted BBQ Chicken (GF), Food Truck Macaroni and Cheese (V,W,M), Baked Beans, Green Collard Cooked Slow (GF). [Calories 60-1015]

**Dinner** Roasted True Cod Blackened (F), Honey Glazed Carrots (V,M), Quinoa (GF,VG), Broccoli Florets Roasted & Seasoned (GF,VG). [Calories 5-355]

## ROUND GRILL

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**Breakfast** Scrambled Eggs (E,V,GF), Pork Sausage Links, Potatoes O'Brien (V,GF), Turkey 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 60-1850]

**Lunch/Dinner** Nacho Bar; Tortilla Chips, Cilantro Lime Rice, Mexican Rice (S), Taco Seasoned Tofu (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. [Calories 5-1765]

## VEGAN

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**Breakfast** Vegan Breakfast Sandwich (W,S), Vegan Sausage Patty (S,W), Tofu Scrambled Pepper & Onion (S). [Calories 100-670]

**Lunch** Lentil Sloppy Joes (S), French Fries (S), Corn. [Calories 70-492]

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

## GLUTEN SOLUTION

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

**Lunch** Rosemary & Sage Pork Lion (S), Pumpkin Spiced Sweet Potato (VG), Pea Snap Ginger (VG), Lemon Herb Rice (V). [Calories 80-715]

**Dinner** Butter Chicken (M), Jasmine Rice (VG), Cauliflower Raisins Turmeric (VG). [Calories 60-540]

## GRILL

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**Lunch** Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (V,M,W,S), Taquitos (W,S,E), Steak Fries (VG,S), Lettuce, Tomato, Onion, Pickle. [Calories 5-1355]

**Dinner** Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (V,M,W,S), Nuggets (W,S), Steak Fries (S,VG), Lettuce, Tomato, Onion, Pickle. [Calories 5-2190]

## 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,W,S). [Calories 290-1250]

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SS – Contains Sesame

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F – Contains Fish

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# WEDNESDAY

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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). [Calorie 3-1753]

**Lunch** Turkey Sloppy Joes, Waffle Fries (S,W,VG), Corn on the Cob (V,M), Honey Glazed Carrots (V,M). [Calories 60-530]

**Dinner** Beef Stroganoff (M,W), Herb Pasta (W), Roasted Brussels Sprouts (VG,GF), Fire Roasted Peppers & Corn (V,GF). [Calories 80-830]

## ROUND GRILL

**Breakfast** Scrambled Eggs (E,V,GF), Sausage Patty, Breakfast Spiced Potatoes (VG,GF), 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/Dinner** Mac & Cheese Bar; Mac & Cheese (M,S,W), Vegan Mac & Cheese (W,VG), Chicken Nugget (W), Bacon Bits, Pulled Pork (GF), Blue Cheese (M), Breadcrumbs (M,W,V), Broccoli (VG), Cauliflower, Peppers & Onions, Tomatoes (VG,GF), BBQ Sauce, Hot Sauce, Ranch Dressing, Shredded Cheese (M). [Calories 5-1900]

## VEGAN

**Breakfast** Vegan Banana Pancakes (W,S), Vegan Sausage Patty (S,W), Vegan Scrambled Eggs. [Calories 100-450]

**Lunch** Penne Pasta (W), Marinara, Vegetable Roasted Mediterranean (GF), Vegan Chicken (S), Vegan Chocolate Chip Cookie (W,S). [Calories 30-460]

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

## GLUTEN SOLUTION

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

**Lunch** Beef Vegetable Potato Mash Pie (F,M), Broccoli Steamed (VG), Sweet Corn Succotash (V). [Calories 80-360]

**Dinner** Fish Barramundi with Parsley Sauce (F,M), Roasted Yellow Squash and Zucchini (VG), Jasmine Rice (VG), Black Beans (VG). [Calories 60-725]

## GRILL

**Lunch** Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (V,M,W,S), Bacon Cheeseburger (S,W), House Made Chips (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), Lettuce, Tomato, Onion, Pickle. [Calories 5-1565]

## PIZZA

**Lunch/Dinner** Cheese (V,M,W,S), Pepperoni (M,W,S), Veggie (V,M,W,S), Mac & Cheese (V,M,W,S). [Calories 290-1310]



## 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). [Calorie 3-1753]

**Lunch** Jamaican Jerk Pork (S), Fried Plantains (VG,GF,S), Jerk Quinoa (S,VG,GF), Jerk Green Beans (VG,GF). [Calories 210-1000]

**Dinner** Teriyaki Chicken Thigh (GF,S), Khao Phad Fried Rice (GF,S, SF), Ginger Bok Choy (VG,GF,S,SS), Vegetable Stir Fry (VG,GF,S). [Calories 120-700]

## ROUND GRILL

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**Breakfast** Scrambled Eggs (E,V,GF), Sausage Patty, Triangle Hash Browns (S), Turkey 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 80-1565]

**Lunch/Dinner** Stir Fry Bar; Spiced Chicken (SS), Spiced Pork (SS), Spiced Tofu (SS,S, VG), Spiced Beef (SS), Brown Rice (VG, GF), Lo Mein Noodles (W,S), Sweet & Sour Sauce (S), Teriyaki Sauce (S), Sweet Chili Sauce (S,S), Stir Fry Sauce (S), Stir Fry Vegetables (S, VG, GF), Sesame Seed Blend (SS), Fortune Cookie (S,W,E), Soy Sauce (S). [Calories 20-2590]

## VEGAN

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

**Lunch** Huli Huli Tofu (S), Fried Rice (GF,S), Seasoned Vegetables Stir Fry (S,GF), Roasted Broccoli (GF). [Calories 110-560]

**Dinner** Vegan Shepard's Pie, Roasted Brussell Sprouts (GF), Sugar Snap Peas & Baby Carrots (GF). [Calories 60-315]

## GLUTEN SOLUTION

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**Breakfast** Scrambled Eggs (E), Bacon, Turkey Sausage Link, Shredded Hash Browns, Gluten Free Pancakes (E,M). [Calories 60-680]

**Lunch** Roasted Dijon Maple Chicken Thigh, Cranberry Brown Butter Brussels Sprouts (V,M), Red Potatoes with Rosemary Garlic (VG), Rosemary Roasted Cauliflower (VG). [Calories 130-930]

**Dinner** Bratwurst Braised with Sauerkraut, Mashed Potatoes (V,M), Gluten Free Gravy, Succotash Sweet Corn (V), Roasted Broccoli (VG). [Calories 5-1075]

## GRILL

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**Lunch** Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (V,M,W,S), Bacon Grilled Cheese (W,S,M), Sweet Potato Fries (V), Lettuce, Tomato, Onion, Pickle. [Calories 5-1945]

**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 Potato Fries (V), Lettuce, Tomato, Onion, Pickle. [Calories 5-2650]

## PIZZA

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**Lunch/Dinner** Cheese (VM,W,S), Pepperoni (M,W,S), Veggie (V,M,W,S), Margarita (V,M,W). [Calories 290-310]

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## FRIDAY

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## HOME

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**Breakfast** Croissant (VM,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). [Calorie 3-1753]

**Lunch** Chicken Tender (S,W), Waffles (M,W,E), Sweet Corn Succotash (V,GF), Syrup. [Calories 80-570]

## ROUND GRILL

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**Breakfast** Scrambled Eggs (E,V,GF), Sausage Patty, Breakfast Shredded Hash Browns (GF), 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** Pasta Bar; Bowtie Pasta (VG,W) , Alfredo (S,M), Marinara (S,VG), Bread Stick (VG,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 Sandwich (W,S), Vegan Sausage Patty (S,W), Vegan Scrambled Eggs (GF). [Calories 100-620]

**Lunch** Chana Masala, Steamed Rice Basmati (GF), Cauliflower Roasted Turmeric (GF), Gatar Matar (GF). [Calories 75-695]

## GLUTEN SOLUTION

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

**Lunch** Mojo Pork, Spice Black Beans (VG), Brown Spanish Rice (VG), Peppers & Green Beans Roasted (VG,GF). [Calories 90-845]

## GRILL

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**Lunch** Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (V,M,W,S), Buffalo Nuggets (S,W), Fish and Chips (M,W,F) Waffle Fries (VG), Lettuce, Tomato, Onion, Pickle. [Calories 5-2710]

## PIZZA

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**Lunch** Cheese (V,M,W,S), Pepperoni (M,W,S), Veggie (V,M,W,S), Buffalo Chicken (M,W,S). [Calories 290-310]

W – Contains Wheat  
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