FRIDAY LUNCH

**COOKHOUSE**
Broccoli Florets
Fresh Corn on the Cob
Garlic Roasted Red Bliss Potatoes
Grilled Flat Iron Steak Grilled Wild Salmon

**GRILL**
Bbq Pulled Pork Sandwich
Crispy Chicken Sandwich With Spicy Slaw
Turkey Burger with Tomato Jam & Arugula

**SHUFFLES**
Chicken Miso Tonkotsu Pork
Miso Tonkotsu
Tofu Miso Tonkotsu

**MINDFUL**
Vegetarian Lentil Shepherds Pie
White Bean & Garlic Mash Wild Rice, Quinoa & Lentil Bowl

2,000 CALORIE A DAY IS USED FOR GENERAL NUTRITION ADVICE, BUT CALORIE NEEDS VARY. ADDITIONAL NUTRITION INFORMATION IS AVAILABLE UPON REQUEST
FRIDAY DINNER

COOKHOUSE
Broccoli Mushroom Cheddar Rice Casserole
Brown Sugar Glazed Sweet Potatoes
Lightly Spiced Fresh Carrots
Pineapple Rum & Raw Sugar Glazed Ham

GRILL
Cheeseburger
Curly Fries
Grilled Cheese Sandwich

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