## SUNDAY BRUNCH

**SHUFFLES**
- Beefy Mac Casserole

**COOKHOUSE**
- Cajun Roasted Vegetables
- Corn with Stewed Tomatoes
- Fried Chicken Breast Parmesan
- Red Potatoes
- Scrambled Eggs
- Spinach with Garlic & Onions

**GRILL**
- Chicken Patty Sandwich
- Chocolate Chip Pancakes
- Egg and Cheese Biscuit
- Fried Tater Tots
- Turkey Ham, Egg & Cheese Biscuit

## SUNDAY DINNER

**SHUFFLES**
- Old Bay Shrimp
- Parmesan Herb Bread Crumbs
- Penne Pasta
- Roasted Red Grape Tomatoes
- Steamed Broccoli

**COOKHOUSE**
- Baked Tilapia Fillet
- Broccoli Florets
- Grilled Chicken Breast
- Pasta with Tomatoes & Olives
- Ratatouille

**GRILL**
- All American Hot Dog
- Buffalo Chicken Loafer Sandwich
- Grilled Ham & Cheese Sandwich

**MINDFUL**
- Broccoli Florets
- Lemony Chickpea Salad
- Moroccan Spiced Roasted Vegetables
**MONDAY BRUNCH**

**SHUFFLES**
- Bacon and Scrambled Egg Breakfast Bowl
- Everything Omelet

**COOKHOUSE**
- Bacon
- Bacon, Egg & Cheese Breakfast Bao Sandwich
- Pork Sausage Links
- Scrambled Egg Whites
- Scrambled Eggs

**GRILL**
- Bacon, Egg & Cheese Taco
- Scrambled Egg & Cheese on Bagel
- Whole Wheat French Toast

**MONDAY LUNCH**

**SHUFFLES**
- Beef Fajita Meat
- Cilantro Lime Rice
- Mexican Rice

**COOKHOUSE**
- Charred Corn with Chili & Garlic
- Chicken Fried
- Steak with Cream Gravy
- Garlic Mashed Potatoes
- Lemon-Garlic Green Beans

**GRILL**
- Avocado & Black Bean Sandwich
- Chicken Tender
- Parmesan Loafer Sandwich

**MINDFUL**
- Brown Rice & Quinoa Pilaf
- Eggplant with Tomato & Onion
- Maple Glazed Carrots

**MONDAY DINNER**

**SHUFFLES**
- Carne Asada
- Nacho Bar

**COOKHOUSE**
- Adobo Roasted Turkey Breast
- Aztec Corn Sauté
- Blanched Broccoli Rabe
- Broccoli Florets
- Mashed Sweet Potatoes

**GRILL**
- Bacon Avocado Grilled Cheese
- Cheese Quesadilla
- French Fries
- Mexican Vegetable Quesadilla

**MINDFUL**
- Aztec Corn Sauté
- Bandito Beans
- Blackened Tofu
- Green Beans Oregano

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

**Shuffles**
- Everything Omelet
- Ham, Onion & Cheese Breakfast Bowl

**Cookhouse**
- Fried Tater Tots
- Scrambled Egg Whites
- Scrambled Eggs Turkey Baco

**Grill**
- Bacon, Egg & Cheese Muffin
- Fried Tater Tots
- Scrambled Egg & Cheese on Bagel

## Tuesday Lunch

**Shuffles**
- Asian Marinated Flank Steak
- Ginger Miso Tofu
- Moo Shu Pork
- Pork Potsticker Gyoza

**Cookhouse**
- Coffee Crusted Pork Loin
- Roasted Carrots
- Roasted Marinated Vegetables
- Roasted Marinated Vegetables
- White Rice

**Grill**
- Fried Tater Tots
- Garlic & Lime Grilled Chicken
- Wheat Pita
- Half Pound Pepperjack Cheeseburger

## Tuesday Dinner

**Shuffles**
- Baja Black Bean
- Beef Taco Meat
- Cilantro Lime Basmati Rice
- Pork Carnitas Soft Tacos

**Cookhouse**
- Bolognese Sauce
- Broccoli Florets
- Chicken Cacciatore
- Garlic Breadstick
- Meat Tortellini
- Penne Pasta

**Grill**
- Chicken Nuggets
- French Fries
- Grilled Ham & Cheese Sandwich
- Onion Rings

## Mindful
- Quinoa With Squash, Tomatoes
- And Basil
- Simply Roasted Parsnips

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

SHUFFLES
Cubano Breakfast Taco
Everything Omelet

COOKHOUSE
Bacon
Hash Brown Patty
Scrambled Egg Whites
Scrambled Eggs
Two Turkey Sausage Links

GRILL
Bacon
Chocolate Chip Pancakes
Cubano Breakfast Taco
Hash Brown Patty

WEDNESDAY LUNCH

SHUFFLES
Alfredo Cheese Sauce
Ancho Lime Marinated Chicken
Chicken Florentine Penne Casserette
Elbow Macaroni Meat Tortellini

COOKHOUSE
Braised Pork With Root Vegetables
Caribbean Skillet Sweet Potatoes
Golden Fried Catfish

GRILL
BBQ Turkey Loafer
Black Bean Burger
Fried Tater Tots
Hot Pastrami Sandwich
Onion Rings

MINDFUL
Cannelini Bean Ragout
Caramelized Root Vegetables
Carrot Osso Buco with Creamy Polenta

WEDNESDAY DINNER

SHUFFLES
Bayou Shrimp
Hush Puppies
Sriracha BBQ Shrimp

COOKHOUSE
Chicken Jambalaya
with Andouille Sausage
Garlic Roasted Green Beans
Grilled Chicken Breast
Mexican Brown Rice
Old Bay Cod Fillet

GRILL
BBQ Turkey Loafer
Fried Tater Tots

MINDFUL
Simple Spicy Kale & Garbanzo Beans
Vegan Vegetable Paella
### THURSDAY BRUNCH

**SHUFFLES**  
- Everything Omelet  
- Farmers Egg Breakfast Bowl  
- Roasted Greek Potatoes

**COOKHOUSE**  
- Everything Omelet  
- Farmers Egg Breakfast Bowl  
- Roasted Greek Potatoes

**GRILL**  
- Ham, Scrambled Egg & Cheese Biscuit  
- Roasted Greek Potatoes  
- Sriracha Cheddar & Onion Egg Muffin

### THURSDAY LUNCH

**SHUFFLES**  
- Asian Marinated Flank Steak  
- Asian Slaw  
- Asian Vegetables  
- House Lemon Basil Chicken Breast

**COOKHOUSE**  
- Five Spice Roasted Vegetables  
- Fried Breaded Pork Cutlet  
- Homemade Mushroom Gravy  
- Maple Glazed Carrots  
- Roasted Marinated Vegetables  
- Steamed Cauliflower

**GRILL**  
- Hand-Cut French Fries  
- Turkey Reuben Melt

**MINDFUL**  
- Curried Sesame Tofu with Brown Rice  
- Steamed Cauliflower  
- Tuscan Herb Pollock

### THURSDAY DINNER

**SHUFFLES**  
- Baked Potato Bar  
- Basil Lime Grilled Flank Steak  
- Roasted Sweet Potatoes

**COOKHOUSE**  
- Basil Lime Grilled Flank Steak  
- Braised Kale  
- Grilled Asparagus  
- Oven Roast Garlic Red Potatoes  
- Steamed Carrots

**GRILL**  
- French Fries  
- Grilled Ham & Cheese Sandwich  
- Southern Bbq Chicken Breast Sandwich

**MINDFUL**  
- Ratatouille  
- Sauteed Zucchini with Stewed Tomatoes  
- Simple Spicy Kale & Garbanzo Beans  
- Tex Mex Vegetables
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<td>Balsamic Grilled Yellow Squash</td>
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<td>BBQ Chicken Breast</td>
<td>Barley Rice Pilaf</td>
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