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

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

**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

**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.
<table>
<thead>
<tr>
<th>TUESDAY BRUNCH</th>
<th>TUESDAY LUNCH</th>
<th>TUESDAY DINNER</th>
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<tbody>
<tr>
<td><strong>SHUFFLES</strong></td>
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<tr>
<td>Ham, Onion &amp; Cheese Breakfast Bowl</td>
<td>Voodoo Crawfish Nachos</td>
<td>Baja Black Bean</td>
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<tr>
<td>Fried Tater Tots</td>
<td>Shrimp etouffee</td>
<td>Beef Taco Meat</td>
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<tr>
<td>Scrambled Egg Whites</td>
<td>Dirty Rice</td>
<td>Cilantro Lime Basmati Rice</td>
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<tr>
<td>Scrambled Eggs</td>
<td>Red beans and rice</td>
<td>Pork Carnitas Soft Tacos</td>
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<tr>
<td>Turkey Bacon</td>
<td>Sauteed Broccoli</td>
<td><strong>COOKHOUSE</strong></td>
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<td><strong>GRILL</strong></td>
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<tr>
<td>Bacon, Egg &amp; Cheese Muffin</td>
<td>Fried Shrimp po boy on French bread</td>
<td>Chicken Nuggets</td>
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<tr>
<td>Fried Tater Tots</td>
<td>Grilled Shrimp po boys on French bread</td>
<td>French Fries</td>
</tr>
<tr>
<td>Scrambled Egg &amp; Cheese on Bagel</td>
<td>Cajun Fries</td>
<td>Grilled Ham &amp; Cheese Sandwich</td>
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<td><strong>MINDFUL</strong></td>
<td><strong>MINDFUL</strong></td>
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<tr>
<td></td>
<td>Quinoa With Squash, Tomatoes And Basil</td>
<td>Braised Winter Root Vegetables</td>
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<tr>
<td></td>
<td>Simply Roasted Parsnips</td>
<td>Quinoa Primavera</td>
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<td>Sauteed Spinach</td>
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<td>with Lime &amp; Chiles</td>
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<td></td>
<td></td>
<td>Steamed Cilantro</td>
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<tr>
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<td>Lime Rice</td>
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</tbody>
</table>
**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

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**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

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**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
<table>
<thead>
<tr>
<th>THURSDAY BRUNCH</th>
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<td><strong>SHUFFLES</strong></td>
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<tr>
<td>Everything Omelet</td>
<td>Asian Marinated Flank Steak</td>
<td>Baked Potato Bar</td>
</tr>
<tr>
<td>Farmers EggBreakfast Bowl</td>
<td>Asian Slaw</td>
<td>Basil Lime Grilled</td>
</tr>
<tr>
<td>Roasted Greek Potatoes</td>
<td>Asian Vegetables</td>
<td>Flank Steak</td>
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<tr>
<td><strong>COOKHOUSE</strong></td>
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<tr>
<td>Pork Sausage Links</td>
<td>Five Spice Roasted Vegetables</td>
<td>Basil Lime Grilled Flank Steak</td>
</tr>
<tr>
<td>Roasted Greek Potatoes</td>
<td>Fried Breaded Pork Cutlet</td>
<td>Braised Kale</td>
</tr>
<tr>
<td>Scrambled EggWhites</td>
<td>Homemade Mushroom Gravy</td>
<td>Grilled Asparagus</td>
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<tr>
<td>Scrambled Eggs</td>
<td>Maple Glazed Carrots</td>
<td>Oven Roast Garlic Red Potatoes</td>
</tr>
<tr>
<td>Turkey Sausage Patties</td>
<td>Roasted Marinated Vegetables</td>
<td>Steamed Carrots</td>
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<tr>
<td><strong>GRILL</strong></td>
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<td><strong>GRILL</strong></td>
</tr>
<tr>
<td>Ham, Scrambled Egg &amp; Cheese Biscuit</td>
<td>Hand Cut French Fries</td>
<td>French Fries</td>
</tr>
<tr>
<td>Roasted Greek Potatoes</td>
<td>Turkey Reuben Melt</td>
<td>Grilled Ham &amp; Cheese Sandwich</td>
</tr>
<tr>
<td>Sriracha Cheddar &amp; Onion Egg Muffin</td>
<td><strong>MINDFUL</strong></td>
<td>Southern Bbq Chicken Breast Sandwich</td>
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<tr>
<td>Curried Sesame Tofu with Brown Rice</td>
<td>Asian Marinated Flank Steak</td>
<td>Ratatouille</td>
</tr>
<tr>
<td>Steamed Cauliflower</td>
<td>Asian Slaw</td>
<td>Sauteed Zucchini with Stewed Tomatoes</td>
</tr>
<tr>
<td>Tuscan Herb Pollock</td>
<td>Asian Vegetables</td>
<td>Simple Spicy Kale &amp; Garbanzo Beans</td>
</tr>
<tr>
<td></td>
<td>House Lemon Basil Chicken Breast</td>
<td>Tex Mex Vegetables</td>
</tr>
</tbody>
</table>
## FRIDAY BRUNCH

**SHUFFLES**
- Banana Pancakes
- Buttermilk Pancakes
- Everything Omelet
- Maple Bacon Pancakes

**COOKHOUSE**
- Bacon
- Roasted Mexican Potatoes
- Scrambled Egg Whites
- Scrambled Eggs
- Two Turkey Sausage Links

**GRILL**
- Scrambled Egg & Cheese on Bagel
- Turkey Ham, Egg & Cheese Biscuit

## FRIDAY LUNCH

**SHUFFLES**
- Gyro Bar
- Tzatziki Sauce

**COOKHOUSE**
- Balsamic Grilled Yellow Squash
- BBQ Chicken Breast
- Braised Kale
- Cilantro-Lime Shrimp
- Roasted Lemon Parsley Potato Wedges
- Zucchini Saute

**GRILL**
- Chicken Bacon Club Loafer Sandwich
- French Frie

**MINDFUL**
- Braised Kale
- Green Beans & Stewed Tomatoes
- Roasted Lemon Parsley Potato Wedges

## FRIDAY DINNER

**SHUFFLES**
- Buffalo Chicken
- Mac n Cheese

**COOKHOUSE**
- Barley Rice Pilaf
- BBQ Chicken Breast
- Country Mashed Potatoes
- Grilled Chicken Breast
- Southern Style Green Beans

**GRILL**
- Chicken & Cheese Quesadilla
- Fried Tater Tots
- Half Pound Pepperjack Cheeseburger

**MINDFUL**
- Alu Matar - Potato & Pea Curry
- Baked Tilapia Fillet
- Naan Bread
- Quinoa With Squash, Tomatoes And Basil