SATURDAY BRUNCH

SHUFFLES
Bacon, Egg & Cheese Taco
Fresh Pico de Gallo
Steak & Potatoes Bowl

COOKHOUSE
Bacon
Cauliflower Tofu Curry & Quinoa Meal
Crispy Smashed Red Bliss Potato
Four Cheese Creamy Mac & Cheese
Roasted Marinated Vegetables
Scrambled Eggs
Simple Baked Chicken
Tofu Vegetable Curry

GRILL
Banana Pancakes
Chicken Patty Sandwich
Grilled Cheese Sandwich
Hamburger
O'Brien Potatoes
Scrambled Egg & Cheese on Sourdough
Scrambled Eggs

SATURDAY DINNER

SHUFFLES
Pulled Pork Tater Tots Bowl

COOKHOUSE
Jasmine Rice
Roasted Marinated Vegetables
Roasted Poblano Corn Chowder

GRILL
Grilled Cheese Sandwich
Hamburger
Mexican Rice
Salsa Verde

MINDFUL
Ancient Grains Bowl Meal
Moroccan Spiced Roasted Vegetables
Oven Roasted Butternut Squash
Tofu Vegetable Curry
SUNDAY BRUNCH

SHUFFLES
Baja Black Bean
Cuban Red Beans & Rice
Frijoles Refritos
Steamed Aztec Corn
Taco Chili Bar

COOKHOUSE
Bacon
Cajun Turkey Breast
Country Veggies
Cuban Black Bean Stew
Pork Sausage Links
Red Potatoes
Scrambled Eggs

GRILL
Chicken Patty Sandwich
French Fries
French Toast
Grilled Cheese Sandwich
Hamburger
Hash Brown Patty
Scrambled Egg & Cheese on Bagel

SUNDAY DINNER

SHUFFLES
Brown Rice
Sauteed Broccoli & Garlic
Sriracha Chicken Bowl

COOKHOUSE
Balsamic Grilled Flank Steak
Four Cheese Creamy Mac & Cheese
Rice & Orzo Pilaf
Zucchini Saute

GRILL
Chicken Patty Sandwich
Chicken Tender Parmesan Loafer Sandwich
Grilled Cheese Sandwich Hamburger

MINDFUL
Corn with Stewed Tomatoes
French Green Beans & Carrot Medley
Quinoa Primavera
Simply Roasted Red Bliss Potatoes

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

SHUFFLES
BBQ Hash Breakfast Bowl
Everything Omelet

COOKHOUSE
Bacon
Pork Sausage Links
Scrambled Egg & Cheese on Bagel
Scrambled Eggs

GRILL
Buttermilk Pancakes
New York Deli Breakfast Sandwich
O’Brien Potatoes
Scrambled Egg Whites

MONDAY LUNCH

SHUFFLES
Baked Potato Bar

COOKHOUSE
Bayou Shrimp
Chicken Jambalaya with Andouille Sausage
Cuban Black Beans
Glazed Carrots
Pot Likker Collard Greens
Simple Cajun Roasted Red Potatoes
Steamed Broccoli

GRILL
Chicken Patty Sandwich
French Fries
Grilled Cheese Sandwich
Hamburger

MINDFUL
Dal (Lentils)
Hominy with Cilantro & Lime
Mashed Santa Fe Black Beans
Simple Cajun Roasted Red Potatoes
Steamed Broccoli

MONDAY DINNER

SHUFFLES
Gyro Bar
Spicy Eggplant with Garbanzo Beans

COOKHOUSE
Greek Lemon Chicken Meal
Grilled Asparagus
Roasted Mexican Potatoes
Simply Roasted Cauliflower

GRILL
Buffalo Chicken Loafer Sandwich
Chicken Nuggets French Fries
Grilled Cheese Sandwich
Hamburger
Southern BBQ Chicken Breast Sandwich
Waffle Fries

MINDFUL
Grilled Salmon
Moroccan Chickpea Stew
Quinoa Primavera
Roasted Greek Potatoes

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>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SHUFFLES</strong></td>
<td><strong>SHUFFLES</strong></td>
<td><strong>SHUFFLES</strong></td>
</tr>
<tr>
<td>Everything Omelet</td>
<td>Honey Glazed Tofu</td>
<td>Alfredo Cheese Sauce</td>
</tr>
<tr>
<td>Ham, Onion &amp; Cheese Breakfast Bowl</td>
<td>Moo Shu Pork</td>
<td>Grilled Chicken Breast</td>
</tr>
<tr>
<td><strong>COOKHOUSE</strong></td>
<td>Steamed Jasmine Rice</td>
<td>Linguine</td>
</tr>
<tr>
<td>Scrambled Egg Whites</td>
<td>Stir Fry Bar</td>
<td>Marinara Sofrito Sauce</td>
</tr>
<tr>
<td>Scrambled Eggs</td>
<td><strong>COOKHOUSE</strong></td>
<td>Peas &amp; Carrots</td>
</tr>
<tr>
<td>Turkey Bacon</td>
<td>BBQ Baked Beans</td>
<td>Tomato Basil Marinara</td>
</tr>
<tr>
<td><strong>GRILL</strong></td>
<td>Carolina Pulled Beef BBQ</td>
<td>Turkey Meatballs</td>
</tr>
<tr>
<td>French Toast</td>
<td>Garlic Mashed Potatoes</td>
<td>Whole Wheat Rotini Pasta</td>
</tr>
<tr>
<td>Fried Egg O’Muffin With Turkey Bacon</td>
<td>Roasted Corn</td>
<td>Ziti Pasta</td>
</tr>
<tr>
<td>Fried Tater Tots</td>
<td>Southern Style Green Beans</td>
<td><strong>COOKHOUSE</strong></td>
</tr>
<tr>
<td>Scrambled Egg &amp; Cheese on Bagel</td>
<td><strong>GRILL</strong></td>
<td>Adobo Roasted Turkey</td>
</tr>
<tr>
<td></td>
<td>F Cheese Quesadilla</td>
<td>Balsamic Grilled Yellow Squash</td>
</tr>
<tr>
<td></td>
<td>Chicken Turkey Bacon Club Loafer Sandwich</td>
<td>Blanched Broccoli Florets</td>
</tr>
<tr>
<td></td>
<td>Grilled Cheese Sandwich</td>
<td>Cajun Black Eyed Pea Casserole</td>
</tr>
<tr>
<td></td>
<td>Hamburger</td>
<td>Cajun Cream Gravy</td>
</tr>
<tr>
<td><strong>MINDFUL</strong></td>
<td><strong>GRILL</strong></td>
<td>Caribbean Glazed Skillet Sweet Potatoes</td>
</tr>
<tr>
<td>Egyptian Koshari, Rice and Lentils</td>
<td>Grilled Chicken Breast</td>
<td>Country Veggies</td>
</tr>
<tr>
<td>Grilled Salmon</td>
<td>Linguine</td>
<td>Garlic Mashed Potatoes</td>
</tr>
<tr>
<td>Lentil Stew</td>
<td>Marinarra Sofrito Sauce</td>
<td>Green Beans Oregano</td>
</tr>
<tr>
<td>Steamed Vegetables over</td>
<td>Peas &amp; Carrots</td>
<td><strong>GRILL</strong></td>
</tr>
<tr>
<td>Moroccan Couscous</td>
<td>Tomato Basil Marinara</td>
<td>Black Bean Burger</td>
</tr>
<tr>
<td>Vegetable Quinoa</td>
<td>Turkey Meatballs</td>
<td>Grilled Cheese Sandwich</td>
</tr>
<tr>
<td></td>
<td>Whole Wheat Rotini Pasta</td>
<td>Hamburger</td>
</tr>
<tr>
<td></td>
<td>Ziti Pasta</td>
<td><strong>MINDFUL</strong></td>
</tr>
<tr>
<td></td>
<td><strong>SHUFFLES</strong></td>
<td>Green Beans &amp; Stewed Tomatoes</td>
</tr>
<tr>
<td></td>
<td>Everything Omelet</td>
<td>Green Lentils</td>
</tr>
<tr>
<td></td>
<td>Ham, Onion &amp; Cheese Breakfast Bowl</td>
<td>Lentil Stew</td>
</tr>
<tr>
<td></td>
<td><strong>COOKHOUSE</strong></td>
<td>Simply Roasted Red Bliss Potatoes</td>
</tr>
<tr>
<td></td>
<td>BBQ Baked Beans</td>
<td><strong>GRILL</strong></td>
</tr>
<tr>
<td></td>
<td>Carolina Pulled Beef BBQ</td>
<td>Grilled Cheese Sandwich</td>
</tr>
<tr>
<td></td>
<td>Garlic Mashed Potatoes</td>
<td>Hamburger</td>
</tr>
<tr>
<td></td>
<td>Roasted Corn</td>
<td><strong>MINDFUL</strong></td>
</tr>
<tr>
<td></td>
<td>Southern Style Green Beans</td>
<td>Green Beans &amp; Stewed Tomatoes</td>
</tr>
<tr>
<td></td>
<td><strong>GRILL</strong></td>
<td>Green Lentils</td>
</tr>
<tr>
<td></td>
<td>F Cheese Quesadilla</td>
<td>Lentil Stew</td>
</tr>
<tr>
<td></td>
<td>Chicken Turkey Bacon Club Loafer Sandwich</td>
<td>Simply Roasted Red Bliss Potatoes</td>
</tr>
<tr>
<td>WEDNESDAY BRUNCH</td>
<td>WEDNESDAY LUNCH</td>
<td>WEDNESDAY DINNER</td>
</tr>
<tr>
<td>----------------------------------------------</td>
<td>-----------------------------------------------------</td>
<td>------------------------------------------</td>
</tr>
<tr>
<td><strong>SHUFFLES</strong></td>
<td><strong>SHUFFLES</strong></td>
<td><strong>SHUFFLES</strong></td>
</tr>
<tr>
<td>Everything Omelet</td>
<td>Chipotle Chicken</td>
<td>Braised Korean Pork Bowl</td>
</tr>
<tr>
<td>Roasted Mexican Potatoes</td>
<td>Nacho Bar</td>
<td>Noodle Bowl Bar</td>
</tr>
<tr>
<td>Scrambled Egg Whites</td>
<td><strong>COOKHOUSE</strong></td>
<td>Chicken Fried Steak</td>
</tr>
<tr>
<td></td>
<td>Basmati Rice</td>
<td>with Cream Gravy</td>
</tr>
<tr>
<td></td>
<td>Broccoli Florets</td>
<td>Mashed Potatoes</td>
</tr>
<tr>
<td></td>
<td>Crispy Garlic Potato Wedges</td>
<td>Roasted Vegetables</td>
</tr>
<tr>
<td></td>
<td>Fresh Zucchini with Garlic &amp; Basil</td>
<td>Simply Roasted Cauliflower</td>
</tr>
<tr>
<td></td>
<td>Rice &amp; Orzo Pilaf</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Rosemary And Garlic Braised Pork Loin</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sauteed Spinach &amp; Caramelized Onions</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Steamed Green Beans</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>GRILL</strong></td>
<td><strong>GRILL</strong></td>
<td><strong>GRILL</strong></td>
</tr>
<tr>
<td>Apple Pancakes</td>
<td>French Fries</td>
<td>French Fries</td>
</tr>
<tr>
<td>Chocolate Chip Pancakes</td>
<td>Grilled Cheese Sandwich</td>
<td>Grilled Cheese Sandwich</td>
</tr>
<tr>
<td>Fried Egg on a Biscuit</td>
<td>Hamburger</td>
<td>Hamburger</td>
</tr>
<tr>
<td>Hash Brown Patty</td>
<td>Hot Pastrami Sandwich</td>
<td>Pepperjack &amp; Pico Burger</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>MINDFUL</strong></td>
<td><strong>MINDFUL</strong></td>
<td><strong>MINDFUL</strong></td>
</tr>
<tr>
<td>Cavatappi Vegan Bolognese</td>
<td>Charred Corn with Chili &amp; Garlic</td>
<td>Curry Roasted Vegetables</td>
</tr>
<tr>
<td>Charred Corn with Chili &amp; Garlic</td>
<td>Garlic and Oregano Roasted Red Potatoes</td>
<td>Lentils and Swiss Chard</td>
</tr>
<tr>
<td></td>
<td>Grilled Salmon</td>
<td>Old Bay Cod Fillet</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Steamed Green Beans</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Vegan Vegetable Paella</td>
</tr>
</tbody>
</table>
2,000 CALORIE A DAY IS USED FOR GENERAL NUTRITION ADVICE, BUT CALORIE NEEDS VARY. ADDITIONAL NUTRITION INFORMATION IS AVAILABLE UPON REQUEST.

THURSDAY BRUNCH

SHUFFLES
Bacon and Scrambled Egg
Breakfast Bowl
Everything Omelet
Roasted Sweet Potatoes

COOKHOUSE
Pork Sausage Links
Scrambled Egg Whites
Scrambled Eggs
Turkey Sausage Patties

GRILL
English Muffin With Scrambled Eggs
French Toast
Hash Browned Potatoes
House Baked Buttermilk Biscuit

THURSDAY LUNCH

SHUFFLES
Asian Marinated Flank Steak
Blanched Broccoli Florets
Edamame Nut Salad
Ginger Fried Rice
Ginger Miso Tofu
Roasted Corn
Sesame Bok Choy

COOKHOUSE
Broccoli Cheese & Rice Casserette
Charred Corn with Chili & Garlic
Garlic Mashed Potatoes
Mole BBQ Braised Beef
Roasted Red Potatoes
Seasoned Catfish Fillet
Southern Style Green Beans
Steamed Green Beans

GRILL
Cheese Quesadilla
French Fries
Grilled Cheese Sandwich
Hamburger

MINDFUL
Alu Matar - Potato And Pea Curry
Ginger Tofu & Vegetable Stir Fry
Madras Vegetable Curry
Spinach with Garlic & Onions

THURSDAY DINNER

SHUFFLES
Buffalo Chicken Mac n Cheese

COOKHOUSE
Balsamic Roasted Zucchini
Blanched Broccoli Rabe
Chicken Jambalaya with Andouille Sausage
Fresh Zucchini
Grilled Asparagus

GRILL
Bacon Avocado Grilled Cheese
Baja Fish Taco
French Fries
Grilled Cheese Sandwich
Hamburger
Home Fried Potatoes

MINDFUL
Basmati Rice with Green Peas
Brown Rice, Red Pepper and Carrot Pilaf
Chicken Fried Tofu Grits & Bechamel Gravy
Citrus Herb Pollock
Polenta with Roasted Vegetables & Tomato Coulis
FRIDAY BRUNCH

SHUFFLES
Everything Omelet
Farmers Egg Breakfast Bowl

COOKHOUSE
Bacon
Roasted Mexican Potatoes
Scrambled Egg & Cheese on Bagel
Scrambled Egg Whites
Scrambled Eggs
Two Turkey Sausage Links

GRILL
Bacon
Blueberry Pancakes
Scrambled Egg & Cheese on Bagel
Scrambled Egg Whites

FRIDAY LUNCH

SHUFFLES
Awesome French Fry Bar
Chipotle Chicken

COOKHOUSE
Baked Cajun Catfish
Baked Potato
Country Veggies
Farmer’s Market Vegetable Medley
Grilled Balsamic Chicken Breast
Roasted Marinated Vegetables
Simply Roasted Cauliflower

GRILL
Black Bean Burger
Caribbean Glazed Skillet Sweet Potatoes
Cheeseburger
Chicken Patty Sandwich
French Fries
Grilled Cheese Sandwich

FRIDAY DINNER

SHUFFLES
General Tso’s Chicken Stir Fry
with Jasmine Rice

COOKHOUSE
Brown Rice & Quinoa Pilaf
Caramelized Root Vegetables
Glazed Carrots
Jerk Chicken Thigh
Steamed Broccoli

GRILL
Chicken Patty Sandwich
Chicken Sandwich
Grilled Cheese Sandwich
Hamburger

MINDFUL
Simply Roasted Cauliflower
Simply Roasted Red Bliss Potatoes
Simply Smashed Sweet Potatoes
Steamed Vegetables over Moroccan Couscous

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