FRIDAY BRUNCH

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
- Carne Asada Tacos
- Chipotle Chicken
- Chipotle Chicken Tinga Tacos
- Mexican Rice

COOKHOUSE
- Balsamic Grilled Flank Steak
- Caribbean Glazed Skillet Sweet Potatoes
- Roasted Corn & Red Bell Pepper Confetti
- Simply Roasted Cauliflower
- Spanish Grilled Salmon
- Steamed Cauliflower

GRILL
- Black Bean Burger
- Cheeseburger
- Chicken Patty Sandwich
- French Fries
- Grilled Cheese Sandwich

MINDFUL
- Blackened Tofu
- Caramelized Root Vegetables
- Green Beans And Ginger
- Vegan Hoppin John & Cornbread

FRIDAY DINNER

COOKHOUSE
- Baked Tilapia Fillet
- Brown Rice & Quinoa Pilaf
- Glazed Carrots
- Jerk Chicken Thigh
- Steamed Broccoli

GRILL
- Chicken Patty Sandwich
- Chicken Sandwich
- Grilled Cheese Sandwich
- Hamburger

MAY 20

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

COOKHOUSE
Bacon
Baked Cajun Catfish
Blackened Cajun Chicken Breast
Cilantro Jasmine Rice
Cubano Breakfast Taco
Green Beans & Stewed Tomatoes
Pork Sausage Links
Roasted Marinated Vegetables
Sauteed Broccoli & Carrots
Scrambled Egg Whites
Scrambled Eggs

GRILL
Bacon
Black Bean Burger
Buffalo Chicken Loafer Sandwich
French Fries
Pork Sausage Links
Scrambled Egg Whites
Scrambled Eggs

SATURDAY DINNER

COOKHOUSE
Broccoli, Olives & Sundried Tomatoes
Cafe Roasted Potatoes
Fresh Zucchini with Garlic & Basil
Roasted Balsamic Brussels Sprouts
Simply Roasted Cauliflower
Slow Roasted Rosemary Chicken and Potatoes

GRILL
Bacon Avocado
Grilled Cheese
Chicken Bacon Club Loafer Sandwich
Coney Island Dog
French Fries

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SUNDAY BRUNCH

COOKHOUSE
- Baked Cajun Catfish
- Beefy Mac Casserole
- Cajun Roasted Vegetables
- Corn with Stewed Tomatoes
- Red Potatoes
- Scrambled Eggs
- Seared Black Pepper Salmon with Quinoa
- Seasoned Roast Turkey Breast

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

SUNDAY DINNER

COOKHOUSE
- Baked Tilapia Fillet
- Grilled Chicken Breast
- Lemon Garlic Broccoli Whole Wheat Pasta
- Mediterranean Pork & Couscous Bowl
- Moroccan Spiced Roasted Vegetables
- Pasta with Tomatoes & Olives Steamed Broccoli

GRILL
- All American Hot Dog
- Buffalo Chicken Loafer Sandwich

MAY 22

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MONDAY LUNCH

SHUFFLES
Gyro Bar
Roasted Marinated Vegetables

COOKHOUSE
Blackened Salmon
Charred Corn with Chili & Garlic
Garlic Mashed Potatoes
Lemon Garlic Green Beans
Rosemary And Garlic Braised Pork Loin

GRILL
Avocado & Black Bean Sandwich
Chicken Tender Parmesan Loafer Sandwich
Classic Italian Sausage Sandwich
Cubano Burger

MINDFUL
Blackened Tofu
Brown Rice & Quinoa Pilaf
Maple Glazed Carrots
Roasted Marinated Vegetables

MONDAY DINNER

SHUFFLES
Asian Pepper Steak Stir Fry
Chicken and Broccoli Stir Fry
Curried Rice Noodles
Moo Shu Beef
Stir Fry Bar
Vegetable Eggroll

COOKHOUSE
Flour Tortilla
Carne Asada
Fresh Pico de Gallo
Jalapeno Pepper
Mexican Vegetable Quesadilla
Smashed Avocado

GRILL
Bacon Avocado Grilled Cheese
Cheese Quesadilla
French Fries

MINDFUL
Aztec Corn Sauté
Bandito Beans
Blackened Tofu
Broccoli Florets
Green Beans Oregano

MONDAY BRUNCH

COOKHOUSE
Bacon
Pork Sausage Links
Scrambled Egg Whites
Scrambled Eggs

GRILL
Scrambled Egg & Cheese on Bagel
Whole Wheat French Toast
### TUESDAY BRUNCH

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

**COOKHOUSE**
- Fried Tater Tots
- Scrambled Egg Whites
- Scrambled Eggs
- Turkey Bacon

**GRILL**
- Fried Tater Tots
- Scrambled Egg & Cheese on Bagel

### TUESDAY LUNCH

**SHUFFLES**
- Beef Taco Meat
- Taco Bar

**COOKHOUSE**
- BBQ Baked Beans
- BBQ Beef Brisket
- BBQ Glazed Salmon
- BBQ Sauce
- Broccoli Florets
- Carolina BBQ Sauce
- Jalapeno Cornbread With Cheese
- Roasted Carrots
- Roasted Marinated Vegetables

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

**MINDFUL**
- Broccoli Florets
- Ginger Miso Tofu
- Quinoa With Squash, Tomatoes And Basil
- Simply Roasted Parsnips

### TUESDAY DINNER

**COOKHOUSE**
- Bolognese Sauce
- Broccoli Florets
- Garlic Breadstick
- Grilled Chicken Breast
- Grilled Salmon
- Meat Tortellini
- Penne Pasta

**GRILL**
- Chicken Nuggets
- Chicken Patty Sandwich
- Onion Rings

**MINDFUL**
- Braised Winter Root Vegetables
- Quinoa Primavera
- Sauteed Zucchini with Stewed Tomatoes

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**MAY 24**
WEDNESDAY BRUNCH
SHUFFLES
Cubano Breakfast Taco
Everything Omelet
COOKHOUSE
Bacon
Hash Brown Patty
Scrambled Egg Whites
Scrambled Eggs
Two Turkey Sausage Links
GRILL
Chocolate Chip Pancakes
Bacon
Hash Brown Patty

WEDNESDAY LUNCH
COOKHOUSE
Braised Pork With Root Vegetables
Caramelized Root Vegetables
Caribbean Skillet Sweet Potatoes
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
COOKHOUSE
Chicken Jambalaya with Andouille Sausage
Garlic Roasted Green Beans
Roasted Marinated Vegetables
Sriracha BBQ Shrimp
GRILL
BBQ Turkey Loafer
Fried Tater Tots
Ham & Cheese Melt
Hot Italian Meatball Sandwich
MINDFUL
Broccoli Florets
Simple Spicy Kale & Garbanzo Beans
Vegan Vegetable Paella

MAY 25
THURSDAY BRUNCH

COOKHOUSE
- Pork Sausage Links
- Roasted Greek Potatoes
- Scrambled Egg Whites
- Scrambled Eggs
- Turkey Sausage Patties

GRILL
- Ham, Scrambled Egg & Cheese Biscuit
- Roasted Greek Potatoes

THURSDAY LUNCH

SHUFFLES
- Asian Marinated Flank Steak
- Asian Slaw
- Asian Vegetables

COOKHOUSE
- Balsamic Flank Steak Meal
- Five Spice Roasted Vegetables
- Grilled Salmon
- Homemade Mushroom Gravy
- Maple Glazed Carrots
- Roasted Red Potatoes
- Steamed Cauliflower

GRILL
- Hand Cut French Fries
- Turkey Reuben Melt

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

THURSDAY DINNER

SHUFFLES
- Alfredo Pasta Bowl
- Baked Ziti
- Cheese Ravioli
- Fettuccine Alfredo with Broccoli
- Penne alla Carbonara

COOKHOUSE
- Adobo Roasted Turkey
- Baked Cajun Catfish
- Braised Kale
- Cajun Cream Gravy
- Grilled Asparagus
- Roasted Sweet Potatoes
- Spicy Black-Eyed Peas
- Steamed Carrots

GRILL
- Bbq Pulled Pork Sandwich
- French Fries
- Grilled Balsamic Chicken Breast
- Southern Bbq Chicken Breast Sandwich

MINDFUL
- Sauteed Zucchini with Stewed Tomatoes
- Simple Spicy Kale & Garbanzo Beans
- Tex Mex Vegetables

MAY 26

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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
Basil Lime Grilled Flank Steak
Gyro Bar
Tzatziki Sauce

COOKHOUSE
Balsamic Grilled Yellow Squash
BBQ Chicken Breast
Braised Kale
Cilantro-Lime Shrimp
Fresh Vegetable Curry
Grilled Wild Salmon
Roasted Lemon Parsley Potato Wedges

GRILL
Chicken Bacon Club Loafer Sandwich
Chicken Turkey Bacon Club Loafer Sandwich
French Fries

MINDFUL
Braised Kale
Catfish Cakes
Green Beans & Stewed Tomatoes
Roasted Lemon Parsley Potato Wedges

FRIDAY DINNER

COOKHOUSE
Adobo Pork Loin
Baked Cajun Catfish
Country Mashed Potatoes
Grilled Chicken Breast
Roasted Marinated Vegetables
Southern Style Green Beans

GRILL
Chili Dog
Fried Tater Tots
Half Pound Pepperjack Cheeseburger

MAY 27