SATURDAY BRUNCH

Shuffles
- Ham, Egg & Cheese Taco
- Cubano Breakfast Taco

Cookhouse
- Grilled Balsamic Chicken Breast
- Bacon
- Honey Mustard Glazed Brussels Sprouts
- Scrambled Eggs
- Crispy Smashed Red Bliss Potato

Soup
- Creamy Broccoli and Cheddar Soup,
- Tomato Basil Soup

Grill
- Chipotle Patty Melt
- Chicken Nuggets
- Scrambled Egg & Cheese on Sourdough

Pizza
- Cinnamon Roll
- Chicken Bruschetta Pizza
- Greek Pizza

SATURDAY DINNER

Cookhouse
- Bandito Beans
- Steamed Broccoli
- Flour Tortilla
- Aged Cheddar Cheese Sauce
- Arroz Verde

Cookhouse
- Sauteed Mushrooms with Garlic
- Grilled Chicken Breast
- Hatch Chili BBQ Sauce
- Pulled BBQ Pork in Vinegar Sauce
- Fresh Pico de Gallo

Soup
- Creamy Broccoli and Cheddar Soup,
- Tomato Basil Soup

Mindful
- Chickpea & Vegetable Moroccan Stew
- Spanish Style Garbanzo Beans
- Roasted Marinated Vegetables
- Citrus Herb Tilapia
SUNDAY BRUNCH

**Cookhouse**
- Pork Sausage Links
- Lyonnaise Potatoes
- Scrambled Eggs
- Ranch Style Black Beans
- Green Bean Casserole
- Roasted Zucchini
- BBQ Chicken
- Roasted Marinated Vegetables
- Seasoned Catfish Fillet
- Roasted Squash

**Soup**
- Tomato Basil Soup

**Grill**
- Egg and Cheese Biscuit
- Egg & Cheese Bagel with Bacon
- French Toast
- Egg & Cheese on Kaiser Roll

**Pizza**
- Margherita Pizza with Garlic Crust

SUNDAY DINNER

**Shuffles**
- Shredded Cheddar Cheese, Alfredo Sauce
- Penne with Meatball Marinara

**Cookhouse**
- Guacamole
- Salsa Verde
- Grilled Fajita Vegetables
- Refried Black Beans, Mexican Rice
- Baked Tilapia Fillet
- Grilled Chicken Breast
- Beef Fajita Meat

**Soup**
- Roasted Tomato Tortilla Soup
- Vegetarian Minestrone Soup
- Tomato Basil Soup

**Grill**
- French Fries
- Turkey Burger
- Tandoori Chicken Bao
- The Chicago All Beef Dog
- Southern BBQ Chicken Breast Sandwich

**Pizza**
- Broccoli Cheddar Ranch Pizza
- Vegetable Lovers Feast Pizza

**Mindful**
- Roasted Tomato Rice Pilaf
- Charred Corn with Chili & Garlic

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

NOVEMBER 20
### MONDAY BRUNCH

- **Shuffles**
  - Everything Omelet
- **Cookhouse**
  - Pork Sausage Links
  - Scrambled Eggs
- **Grill**
  - Scrambled Egg Whites
  - Scrambled Egg & Cheese on Bagel
  - New York Deli Breakfast Sandwich
- **Pizza**
  - Banana Streusel Muffin
  - Apple Caramel Muffin

### MONDAY LUNCH

- **Shuffles**
  - Buffalo Chicken Mac n Cheese
- **Cookhouse**
  - Garlic Mashed Potatoes
  - Grilled Chicken Breast
  - Green Beans Oregano
  - Roasted Balsamic Brussels Sprouts
  - Roasted Marinated Vegetables
- **Soup**
  - Tomato Basil Soup
- **Grill**
  - Chicken Tender Parmesan Loafer Sandwich
  - Buffalo Chicken Loafer Sandwich
  - Black Bean Burger
  - Curly Fries
- **Pizza**
  - Vegetable Lovers Feast Pizza
  - BLT Pizza
  - Grilled Vegetable Pizza

### MONDAY DINNER

- **Shuffles**
  - Awesome French Fry Bar
- **Cookhouse**
  - Glazed Roasted Root Vegetables
  - Simply Smashed Yukon Gold Potatoes
  - Whole Berry Cranberry Sauce
  - Steamed Green Beans
  - Brussels Sprouts & Citrus Salad
  - Grilled Asparagus
  - Seasoned Catfish Fillet
- **Soup**
  - Tomato Basil Soup
- **Grill**
  - French Fries
  - Black Bean Burger
  - Bacon Avocado Grilled Cheese
  - Buffalo Crispy Chickn Wrap
- **Pizza**
  - Vegetable Lovers Feast Pizza
- **Pizza**
  - The Hawaiian
- **Mindful**
  - Mediterranean Lentil Ragout
  - Charred Corn with Chili & Garlic
  - Spicy Eggplant with Garbanzo Beans

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### TUESDAY BRUNCH
- **Shuffles**
  - Everything Omelet
- **Cookhouse**
  - Turkey Bacon, Scrambled Egg Whites
  - Scrambled Eggs
- **Grill**
  - Fried Tater Tots
  - Scrambled Egg & Cheese on Bagel
  - Fried Egg O’Muffin With Turkey Bacon
- **Pizza**
  - Banana Streusel Muffin

### TUESDAY LUNCH
- **Shuffles**
  - Julienne Green Peppers
  - Shredded Napa Cabbage
  - Sliced Zucchini
  - Bamboo Shoots
  - Korean BBQ Shredded Pork
  - Steamed Jasmine Rice
  - Vegetable Potsticker
  - Braised Shredded Chicken
  - Brown Rice
  - Ginger Miso Tofu
- **Soup**
  - Old Fashioned Chicken Noodle Soup
  - Creamy Broccoli and Cheddar Soup
  - Tomato Basil Soup
- **Grill**
  - Meatball Loafer Sandwich
  - Hot Pastrami Sandwich
  - Turkey Reuben Melt
- **Pizza**
  - Vegetable Lovers Feast Pizza
  - Sausage Pizza
- **Mindful**
  - Maque Choux
  - Garlic Roasted Green Beans
  - Simply Mashed Butternut Squash
  - Quinoa With Squash, Tomatoes And Basil

### TUESDAY DINNER
- **Shuffles**
  - Steamed Broccoli
  - Crumbled Bacon
  - Shell Pasta
  - Elbow Macaroni
  - Jalapeno Cheese Sauce
  - Four Cheese Sauce
  - Grilled Chicken Breast
  - Spicy Popcorn Chicken
  - Popcorn Chicken
- **Soup**
  - Old Fashioned Chicken Noodle Soup
  - Creamy Broccoli and Cheddar Soup
  - Tomato Basil Soup
- **Grill**
  - Beef Taco Meat
  - Onion Rings
  - Crispy Fish Tacos
  - Carnitas-Style Tacos
- **Pizza**
  - Margherita Pizza with Garlic Crust
  - Vegetable Lovers Feast Pizza
- **Mindful**
  - Spanish Style Garbanzo Beans
  - Zucchini Stuffed with Quinoa
  - Roasted Balsamic Brussels Sprouts
  - Roasted Marinated Vegetables

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**NOVEMBER 22**