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
- Sautéed 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

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

DECEMBER 10
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>MONDAY BRUNCH</th>
<th>MONDAY LUNCH</th>
<th>MONDAY DINNER</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Shuffles</strong></td>
<td><strong>Cookhouse</strong></td>
<td><strong>Cookhouse</strong></td>
</tr>
<tr>
<td>Everything Omelet</td>
<td>Roasted Marinated Vegetables</td>
<td>Glazed Roasted Root Vegetables</td>
</tr>
<tr>
<td><strong>Cookhouse</strong></td>
<td><strong>Shuffle</strong></td>
<td>Simply Smashed Yukon Gold Potatoes</td>
</tr>
<tr>
<td>Pork Sausage</td>
<td><strong>Grill</strong></td>
<td>Steamed Green Beans</td>
</tr>
<tr>
<td>Links</td>
<td>Chicken Tender Parmesan Loaf Sandwich</td>
<td>Brussels Sprouts &amp; Citrus Salad</td>
</tr>
<tr>
<td>Scrambled Eggs</td>
<td><strong>Grill</strong></td>
<td>Seasoned Catfish Fillet</td>
</tr>
<tr>
<td><strong>Grill</strong></td>
<td><strong>Grill</strong></td>
<td><strong>Mindful</strong></td>
</tr>
<tr>
<td>Scrambled Egg Whites</td>
<td>Chicken Tender</td>
<td>Spicy Eggplant</td>
</tr>
<tr>
<td>Scrambled Egg &amp; Cheese on Bagel</td>
<td>Parmesan Loaf Sandwich</td>
<td>with Garbanzo Beans</td>
</tr>
<tr>
<td>New York Deli</td>
<td><strong>Grill</strong></td>
<td><strong>Mindful</strong></td>
</tr>
<tr>
<td>Breakfast Sandwich</td>
<td>Vegetable Lovers</td>
<td>Spicy Eggplant</td>
</tr>
<tr>
<td><strong>Pizza</strong></td>
<td>Feast Pizza</td>
<td>with Garbanzo Beans</td>
</tr>
<tr>
<td>Banana Streusel</td>
<td>BLT Pizza</td>
<td><strong>Mindful</strong></td>
</tr>
<tr>
<td>Muffin</td>
<td>Grilled Vegetable Pizza</td>
<td>Garlic and Oregano</td>
</tr>
<tr>
<td>Apple Caramel Muffin</td>
<td><strong>Mindful</strong></td>
<td>Roasted Red Potatoes</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Gluten Free Lentil</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Basmati Rice Pilaf</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Pizza</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Vegetable Lovers</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Feast Pizza</td>
</tr>
<tr>
<td></td>
<td></td>
<td>The Hawaiian</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Mindful</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mediterranean Lentil Ragout</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Charred Corn with Chili &amp; Garlic</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.
### TUESDAY BRUNCH

**Shuffles**
- Everything Omelet
- Turkey Bacon, Scrambled Egg Whites, Scrambled Eggs

**Cookhouse**
- Fried Tater Tots
- Scrambled Egg & Cheese on Bagel
- Fried Egg O'Muffin with Turkey Bacon

**Grill**
- Banana Streusel Muffin

### TUESDAY LUNCH

**Shuffles**
- Braised Shredded Chicken
- Brown Rice
- Ginger Miso Tofu

**Cookhouse**
- Creamy Polenta
- Sauteed Zucchini with Stewed Tomatoes
- Black Beans
- Katsu Chicken Thigh
- Roasted Potato Wedges
- Roasted Lemon Garlic Cauliflower

**Soup**
- Old Fashioned Chicken Noodle Soup
- Creamy Broccoli and Cheddar Soup
- Tomato Basil Soup

**Pizza**
- Vegetable Lovers Feast Pizza
- Sausage Pizza

**Mindful**
- Maque Choux
- Garlic Roasted Green Beans
- Quinoa with Squash, Tomatoes and Basil

**Grill**
- Meatball Loafer Sandwich
- Hot Pastrami Sandwich

### TUESDAY DINNER

**Cookhouse**
- Scalloped Potatoes
- Fresh Corn on the Cob
- Zucchini and Tomatoes
- Roasted Marinated Vegetables

**Shuffles**
- Roasted Balsamic Brussels Sprouts
- Roasted Marinated Vegetables

**Soup**
- Old Fashioned Chicken Noodle Soup
- Creamy Broccoli and Cheddar Soup
- Tomato Basil Soup

**Grill**
- Beef Taco Meat
- Onion Rings
- Carnitas-Style Tacos

**Pizza**
- Margherita Pizza with Garlic Crust
- Vegetable Lovers Feast Pizza

**Mindful**
- Spanish Style Garbanzo Beans
- Zucchini Stuffed with Quinoa
## Wednesday Brunch
- Shuffles
  - Everything Omelet
  - Scrambled Egg Whites
  - Scrambled Eggs
- Cookhouse
  - Scrambled Egg Whites
  - Scrambled Eggs
- Grill
  - Two Buttermilk Pancakes
  - Hash Brown Patty
  - Griddled Chocolate Coconut Pancakes
  - Bacon, Egg & Cheese Taco
  - Warm Pancake Syrup
- Pizza
  - Cinnamon Roll
  - Blueberry Muffin
  - Chocolate Mousse & Whipped Cream Crepe

## Wednesday Lunch
- Shuffles
  - Sliced Pickled Jalapenos
  - Black Beans Frijoles Negros
  - Black Bean & Corn Salsa
  - Shredded Lettuce, Shredded Cheddar Cheese, Mexican Red Rice
  - Chipotle Chicken Tinga Tacos, Beef Taco Meat
- Cookhouse
  - Chana Masala
  - Baked Tilapia Fillet
  - Roasted Marinated Vegetables
  - Bhindi Masala - Crispy Okra
- Soup
  - Vegetarian Minestrone Soup
  - Bacon New England Clam Chowder
  - Tomato Basil Soup
- Grill
  - Bacon Cheeseburger

## Wednesday Dinner
- Shuffles
  - Kansas City Style Breakfast Bowl
  - Apple Chutney
  - Cajun Roasted Sweet Potatoes
  - Garlic Roasted Green Beans
  - Roasted Marinated Vegetables
  - Sauteed Broccoli & Garlic
- Cookhouse
  - Honey Balsamic Pork Chop
  - Spanish Chorizo & Cheddar Cheese
  - Caribbean Spiced Red Potatoes
  - Saag Tofu
- Grill
  - Cheeseburger
  - Chicken Philly
  - Style Cheesesteak
  - French Fries
  - Crispy Chicken Tender Sandwich
- Soup
  - Vegetarian Minestrone Soup
  - Bacon New England Clam Chowder
  - Tomato Basil Soup
- Pizza
  - Black Bean Tostada Pizza
  - Vegetable Lovers Feast Pizza
  - Mindful
    - Steamed Carrots
    - Glazed Carrots
    - Gluten Free Lentil Basmati Rice Pilaf

---

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

December 14
<table>
<thead>
<tr>
<th>THURSDAY BRUNCH</th>
<th>THURSDAY LUNCH</th>
<th>THURSDAY DINNER</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cookhouse</strong></td>
<td><strong>Shuffles</strong></td>
<td><strong>Pizza</strong></td>
</tr>
<tr>
<td>Baja Black Bean,</td>
<td>Korean Grilled</td>
<td>Chicken Tostada</td>
</tr>
<tr>
<td>Broccoli with Garlic</td>
<td>Pork Loin</td>
<td>Pizza</td>
</tr>
<tr>
<td>&amp; Lemon</td>
<td>Vegetable Egg</td>
<td></td>
</tr>
<tr>
<td>Grilled Corn on the</td>
<td>Rolls,</td>
<td></td>
</tr>
<tr>
<td>Cob Naked Style</td>
<td>Fresh Garlic,</td>
<td></td>
</tr>
<tr>
<td>Roasted Marinated</td>
<td>Whole Kernel Corn</td>
<td></td>
</tr>
<tr>
<td>Vegetables</td>
<td>Baby Bok Choy</td>
<td></td>
</tr>
<tr>
<td>Cuban Mojo Pork</td>
<td>White Rice</td>
<td></td>
</tr>
<tr>
<td><strong>Soup</strong></td>
<td>General Tso's Pork</td>
<td></td>
</tr>
<tr>
<td>Roasted Tomato</td>
<td>Stir Fry</td>
<td></td>
</tr>
<tr>
<td>Tortilla Soup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tomato Basil Soup</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Grill</strong></td>
<td><strong>Mindful</strong></td>
<td></td>
</tr>
<tr>
<td>Fried Egg O'Muffin</td>
<td>Barley Pilaf with</td>
<td></td>
</tr>
<tr>
<td>Fried Egg O'Muffin</td>
<td>Mushrooms and Peas</td>
<td></td>
</tr>
<tr>
<td>with Sausage</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Pizza</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cinnamon Roll</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Double Chocolate</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Muffin</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cranberry Streusel</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coffee Cake</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Pizza</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Broccoli Cheddar</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ranch Pizza</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vegetable Lovers</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Feast Pizza</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken Alfredo</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pizza</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>December 15</td>
<td></td>
</tr>
</tbody>
</table>
FRIDAY BRUNCH

Shuffles
  Everything Omelet
Cookhouse
  Scrambled Egg Whites
  Roasted Mexican Potatoes
  Scrambled Eggs
Grill
  Maple Bacon Pancakes
  Chocolate Chip Pancakes
  Scrambled Egg & Cheese on Bagel
Pizza
  Cinnamon Roll
  Blueberry Muffin

FRIDAY LUNCH

Shuffles
  Baked Potato Bar
Grill
  Coney Island Dog
  Grilled Chicken Sandwich
Soup
  Old Fashioned Chicken Noodle Soup
  Bacon New England Clam Chowder
  Tomato Basil Soup
Pizza
  Vegetable Lovers Feast Pizza
  The Hawaiian
Mindful
  Charred Corn with Chili & Garlic
  Roasted Marinated Vegetables
  Balsamic Roasted Vegetables
Grill
  Cheeseburger

FRIDAY DINNER

Shuffles
  Julienne Green Peppers
  Cholesterol Free Eggs
  Fresh Spinach
Soup
  Old Fashioned Chicken Noodle Soup
  Bacon New England Clam Chowder
  Tomato Basil Soup
Grill
  Sliced Black Olives
  Grilled Cheese On Sourdough
  Crispy Spicy Chicken Sandwich
Pizza
  Chicago Style
  Deep Dish Pizza
  Chicken Bruschetta Pizza
  Vegetable Lovers Feast Pizza
Mindful
  Mediterranean
  Lentil Ragout
  Spanish Style Garbanzo Beans

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

DECEMBER 16