



# Lunch Menu



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b><u>Grill Works</u></b>	<b><u>Grill Works</u></b>	<b><u>Grill Works</u></b>	<b><u>Grill Works</u></b>	<b><u>Grill Works</u></b>	<b><u>Grill Works</u></b>	<b><u>Grill Works</u></b>
Grilled Chicken Pita (GF with Spinach Tortilla) (DF) 428 Calories	Chicken Taquitos 220 Calories, 3 Ea.	Chili Dogs (GF) 780 Calories	Pork Eggroll 260, 2	Grilled Beef Gyro 270 Calories	Pork Philly Subs (GF) 572 Calories	Monterey Chicken Sandwich 483 Calories
Sour Cream & Onion Chips 150 Cal, 1oz	Spanish Rice (GF)(VG) 236 Cal, 4oz	Tater Tots (GF)(VG) 110 Cal, 3oz	Fried Rice (GF)(DF) 228 Cal, 4oz	Deluxe Greek Salad (GF)(VG)(BW) 216.3 Cal, 4oz	Cool Ranch Doritos 150 Cal, 1oz	Sun Chips 150 Cal, 1oz
Corn (VG)(BW)(GF) 35 Cal, 6oz	Cheesy Refried Beans (GF) 149 Cal, 4oz	<b><u>Pizza/Al Dente's</u></b>	<b><u>Pizza/Al Dente's</u></b>	<b><u>Pizza/Al Dente's</u></b>	<b><u>Pizza/Al Dente's</u></b>	Pacific Blend (GF)(VG)(BW) 30 Cal, 7oz
<b><u>Pizza/Al Dente's</u></b>	<b><u>Pizza/Al Dente's</u></b>	Bacon Spinach Alfredo Pizza 490 Cal, Slice	Cheese Ravioli w/ Marinara 300 Cal, 3 ea.	Taco Pizza 381 Cal, Slice	Garlic Broccoli Rotini (VG)(BW) 401 Cal, 8oz	Green Beans (GF)(VG)(BW) 15 Cal, ½ Cup
Broccoli & Cheese Pasta Casserole 328 Cal, 8oz	Herbed Pasta Primavera 216 Cal, ½ Cup	Cheese Pizza 297.3 Cal, Slice	Chicken Meatballs 190 Cal / 3oz	Cheese Pizza 297.3 Cal, Slice	Caesar Chicken (GF) 335 Calories	<b><u>Pizza/Al Dente's</u></b>
<b><u>Comfort Zone</u></b>	<b><u>Comfort Zone</u></b>	<b><u>Comfort Zone</u></b>	<b><u>Comfort Zone</u></b>	<b><u>Comfort Zone</u></b>	<b><u>Comfort Zone</u></b>	Very Cheesy Orzo Casserole (BW) 339 Cal, 8 oz
Pancakes 115 Cal. Each	Turkey Avocado Panini (GF) 823 Cal, Ea. With all options	Apple Glazed Chicken Thighs 323.3 Cal, Ea.	Crispy Chicken Cheddar Wrap 897 Cal, Ea. With all option	Chicken Cacciatore (GF)(DF)(BW) 517 Cal., Ea.	Chef's Salad (GF)(VG) 819.2 Cal, Ea. With all Options	<b><u>Comfort Zone</u></b>
Syrup 100 Cal, 2T	<b><u>Herbs Garden</u></b>	Oven Roasted Garlic Potatoes 119 Cal, 4oz	Antigua Blend Vegetables 70 Cal, 3T	Lemon Basil Orzo (VG) 154 Cal, 4 oz	Peas & Carrots (GF)(VG)(BW) 50 Cal, 6oz	Biscuits 200 Cal. Each
Scrambled Eggs 70 Cal, 3T	Made to order Zesty Tofu and Lentil Bowl (GF)(VG) 240 Cal, 8oz	Roasted Zucchini (GF)(VG)(BW) 35.1 Cal, 4oz	Italian Roasted Snap Peas (GF)(VG)(BW) 60 Cal, ½ Cup	Key Largo Blend (GF)(VG)(BW) 30 Cal, 7oz	Chuckwagon Blend (GF)(VG)(BW) 60 Cal, ½ Cup	Country Gravy 50 Cal, 2oz
Ham Steaks (GF)(DF) 80 Cal, 3oz	Roasted Cauliflower (GF)(VG)(BW) 70 Cal, 4oz	Fried Okra 100 Cal, 7oz	<b><u>Herbs Garden</u></b>	Winter Blend (GF)(VG)(BW) 25 Cal, 2/3 cup	<b><u>Herbs Garden</u></b>	Scrambled Eggs 70 Cal, 3T
Tri-Tater (GF)(DF) 100 Cal, Ea.	Sliced Carrots (GF)(VG)(BW) 35 Cal, 6oz	<b><u>Herbs Garden</u></b>	Spring Rolls (VG) 115 Cal, Ea.	<b><u>Herbs Garden</u></b>	Vegan Mushroom Philly Cheesesteak (GF)(BW) 414 Cal	Sausage Patty (GF)(DF) 160 Cal, Ea.
<b><u>Herbs Garden</u></b>	<b><u>Showthyme</u></b>	Mixed Bean Creole (GF)(VG)(BW) 315 Cal, 6oz	<b><u>Showthyme</u></b>	Greek Farro Salad (VG) 571 Cal, 1 cup	<b><u>Showthyme</u></b>	Diced Potatoes (GF)(DF) 80 Cal, 2/3 Cup
Chickpea Stir Fry w/ Rice (GF)(VG) 240 Cal, 8oz	Cereal & Waffle Station (GF) 270 Cal, Ea	<b><u>Showthyme</u></b>	Cereal & Waffle Station (GF) 270 Cal, Ea	<b><u>Showthyme</u></b>	Cereal & Waffle Station (GF) 270 Cal, Ea	<b><u>Herbs Garden</u></b>
<b><u>Showthyme</u></b>		Cereal & Waffle Station (GF) 270 Cal, Ea				Kale and Leak Pesto Pasta (GF)(VG) 176 Cal, 8oz
Cereal & Waffle Station (GF) 270 Cal, Ea						<b><u>Showthyme</u></b>
						Cereal & Waffle Station (GF) 270 Cal, Ea



Small enough to care . . . Big enough to make a difference.

Menu is Subject To Change    Soup is Made Daily

