



# Dinner Menu



## Sunday

### Grill Works

Hot Ham & Cheese On a Bun  
(GF available upon Request)  
208 Calories  
French Fries  
110 Cal, 3oz

### Pizza/Al Dente's

Beef & Black Olive Pizza  
405 Cal, Slice  
Cheese Pizza  
297.3 Cal, Slice

### Comfort Zone

Chicken Marsala (GF)(DF)  
614.4 Cal, Ea.  
Brown Rice (GF)(VG)  
117 Cal, 4 oz  
Roasted Zucchini (GF)(VG)(BW)  
35.1 Cal, 4oz  
Scandinavian Blend (GF)(VG)(BW)  
40 Cal, 6oz

### Herbs Garden

Vegan Portabella Mushrooms (GF)  
285.6 Cal, Ea.  
With all options

## Monday

### Grill Works

Sausage Egg & Cheese English Muffin  
326 Calories  
Tater Tots  
130 Cal, 9oz

### Pizza/Al Dente's

Meat Lover's Pizza  
455.4 Cal, Slice  
Cheese Pizza  
297.3 Cal, Slice

### Comfort Zone

Meatloaf  
393.1 Cal, 6 oz  
Mashed Potato (GF)  
243.3 Cal, 6oz  
Beef Gravy (GF)(DF)  
8.7 Cal, 2 oz  
Key Largo Blend Vegetable (GF)(VG)(BW)  
30 Cal, 6oz  
Broccoli (GF)(VG)(BW)  
15 Cal, 4oz

### Herbs Garden

Lentil Loaf (GF)(VG)  
419 Cal, 4oz

### Showthyme

Bread & Spread Bar (GF)(DF)  
746.7 Cal, Ea.  
With all options

## Tuesday

### Grill Works

Bangers & Mash with Onion Gravy (GF)(DF)  
516 Cal, 6oz

### Pizza/Al Dente's

Chicken Pasta (BW)  
170 Cal, 5oz

### Comfort Zone

Herb Roasted Turkey (GF)  
382 Cal, 4oz  
Cornbread Stuffing  
272 Cal, 4oz  
Green Bean Casserole  
231 Cal, 4oz  
Sugar Snap Peas (GF)(VG)  
15 Cal, 10 Pods

### Herbs Garden

Vegan Black Bean Burger  
110 Cal

### Showthyme

Taco Tuesday Bar (GF)(DF)(VG)  
855 Cal, 2 Ea.  
With all options

## Wednesday

### Pizza/Al Dente's

Buffalo Chicken Pizza  
490 Cal, Slice  
Cheese Pizza  
297.3 Cal, Slice

### Comfort Zone

Chicken Piccata (GF)  
335 Calories  
Linguini (VG)  
110 Cal, 4oz  
Mixed Vegetables (GF)(VG)(BW)  
50 Cal, 4oz  
Broccoli (GF)(VG)  
15 Cal, 4oz

### Showthyme

Hala Penos (GF)(DF)  
1613.1 Cal, Ea.  
With all options

## Thursday

### Grill Works

Spicy Chicken Sandwich  
383 Calories  
Sun Chips  
140 Cal, 1oz  
Roasted Zucchini (GF)(VG)(BW)  
35.1 Cal, 4oz

### Pizza/Al Dente's

Baked Cheese Ravioli  
300 Cal, 3 ea.

### Herbs Garden

Kale and Leak Pesto Pasta (GF)(VG)  
176 Cal, 8oz

### Showthyme

Turkey Avocado Panini (GF)  
823 Cal, Ea.  
With all options

## Friday

### Grill Works

Chicken Salad Subs  
663 Calories  
Potato Chips  
150 Cal, 1oz  
Scandinavian Blend (GF)(VG)(BW)  
40 Cal, 6oz

### Comfort Zone

Homestyle Chicken & Noodles  
427 Cal, 4oz  
Mashed Potatoes (GF)  
201.6 Cal, 4oz  
Scandinavian Blend (GF)(VG)(BW)  
30 Cal, 8oz

### Herbs Garden

Vegan Stew  
419 Cal, 4oz

## Saturday

### "THE CAF"

**IS CLOSED AS OF 3-21-2020 UNTIL FURTHER NOTICE**  
**UPDATES WILL BE POSTED**