



# Dinner 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>                                    |
| Latin Morning Stacks<br>471.6 Calories                     | French Dip (DF)<br>481 Calories                   | Chipotle Chicken Melt<br>476 Calories                             | Turkey Corndog<br>280 Calories                               | Pork Fritter Sandwich<br>430.9 Calories  | Greek Turkey Sliders<br>282 Cal, 2 ea.                | Arcadian Chicken<br>Sandwich (GF)<br>499 Calories            |
| <b><u>Pizza/Al Dente's</u></b>                             | French Fries (GF)(VG)<br>110 Cal, 3oz             | Sun Chips<br>150 Cal, 1oz   | Lays Potato Chips<br>150 Cal, 1oz                            | Sour Cream & Onion<br>Chips<br>150 Cal, 1oz  | French Fries<br>110 Cal, 3oz                          | French Fries<br>110 Cal, 3oz                                 |
| Chicken, Mushroom &<br>Black Olive Pizza<br>319 Cal, Slice | <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>   | <b><u>Pizza/Al Dente's</u></b>                        | <b><u>Pizza/Al Dente's</u></b>                               |
| Cheese Pizza<br>297.3Cal, Slice                            | Chicken Bacon Ranch<br>Pizza<br>416 Cal, Slice    | Mac & Cheese<br>398.3 Cal, 6oz                                    | Supreme Pizza<br>425 Cal, Slice                              | Shells with Broccoli Oven<br>Roasted Tomatoes &<br>Garlic White Wine Sauce<br>(VG)<br>401 Cal, 1 Cup | Sausage Pizza<br>446.4 Cal, Slice                     | Buffalo Chicken Pizza<br>541 Cal, Slice                      |
| <b><u>Comfort Zone</u></b>                                 | Cheese Pizza<br>297.3 Cal, Slice                  | <b><u>Comfort Zone</u></b>  | Veggie Pizza<br>304 Cal, Slice                               | <b><u>Comfort Zone</u></b>   | Cheese Pizza<br>297.3 Cal, Slice                      | Cheese Pizza<br>297.3 Cal, Slice                             |
| Citrus Marinated Pork<br>Loin (GF)(DF)<br>280.1 Cal, Each  | <b><u>Comfort Zone</u></b>                        | Paprika Baked Tilapia<br>(GF)(DF)(BW)<br>290 Cal, 4oz             | <b><u>Comfort Zone</u></b>                                   | <b><u>Comfort Zone</u></b>   | <b><u>Comfort Zone</u></b>                            | <b><u>Comfort Zone</u></b>                                   |
| Wild Rice (GF)(vegan)<br>200 Cal, 6oz                      | Chicken Piccata (GF)<br>335 Calories              | Cilantro Lime Corn &<br>Quinoa Salad (GF)(VG)(BW)<br>235 Cal, 4oz | Bayou Blast Shrimp<br>(GF)(BW)<br>219.3 Cal, 4oz             | Chicken Scampi (GF)<br>401 Cal, Ea.  | Sweet & Sour Chicken<br>(GF)(DF)<br>390 Cal, 8oz      | Chicken Tamale<br>280 Cal. Each                              |
| Prince William Blend<br>(GF)(VG)(BW)<br>30 Cal, 7oz        | Linguini (VG)<br>110 Cal, 4oz                     | Roasted Brussels<br>Sprouts (GF)(VG)(BW)<br>104 Cal, 7oz          | Couscous (DF)<br>145.7 Cal, 4oz                              | Brown Buttered Orzo &<br>Parsley<br>236 Cal, 4oz   | Seasoned White Rice<br>(GF)(VG)(BW)<br>129.8 Cal, 4oz | Spanish Rice (GF)(VG)<br>223 Cal, 4oz                        |
| Capri Blend (GF)(VG)(BW)<br>25 Cal, 2/3 cup                | Mixed Vegetables<br>(GF)(VG)(BW)<br>50 Cal, 4oz   | Italian Blend (GF)(VG)(BW)<br>35 Cal, 6oz                         | Oriental Blend<br>(GF)(VG)(BW)<br>30 Cal, 8oz                | Roasted Zucchini<br>(GF)(VG)(BW)<br>35.1 Cal, 4 oz   | Green Peas<br>60 Cal, ½ Cup                           | Corn (GF)(VG)<br>70 Cal, 4oz                                 |
| <b><u>Herbs Garden</u></b>                                 | Broccoli (GF)(VG)<br>15 Cal, 4oz                  | <b><u>Herbs Garden</u></b>  | Chuckwagon Corn<br>(GF)(VG)(BW)<br>160 Cal, 4oz              | Scandinavian Blend<br>(GF)(VG)(BW)<br>40 Cal, 6oz  | Steamed Cauliflower<br>37.9 Cal, 4oz                  | Fried Okra<br>100 Cal, 7oz                                   |
| Vegan Sesame Tofu<br>(GF)<br>170.9 Cal, 4oz                | <b><u>Herbs Garden</u></b>                        | Tofu Scramble (GF)(VG)<br>315 Cal, 6oz                            | <b><u>Herbs Garden</u></b>                                   | <b><u>Herbs Garden</u></b>   | <b><u>Herbs Garden</u></b>                            | <b><u>Herbs Garden</u></b>                                   |
|  | Vegan Lentil Moussaka<br>(GF)<br>274 Cal, 4oz     | <b><u>Showthyme</u></b>   | Vegan Tofu & Artichoke<br>Scampi (GF)<br>385Cal, 4oz         | Roasted Eggplant<br>Sandwich (GF)(VG)<br>589.4 Cal, 4oz  | Sweet & Sour Tofu<br>(GF)(VG)<br>350 Cal, 5oz         | Roasted Sweet Potato &<br>Kale Bowl (GF)(VG)<br>621 Cal, 4oz |
|  | <b><u>Showthyme</u></b>                           | Breakfast Burrito<br>1244.1 Cal, Ea.<br>With all options          | <b><u>Showthyme</u></b>                                      | <b><u>Showthyme</u></b>  | <b><u>Showthyme</u></b>                               |  |
|  | BYO Donut Bar<br>480 Cal, Ea.<br>With all options |   | Buffalo Chicken Wraps<br>1044.7 Cal, Ea.<br>With all options | Chef's Salad (GF)(BW)<br>284 Cal, Ea.<br>With all options  | Pancake Bar<br>1918.2 Cal, Ea.<br>With all options    |  |