



# Lunch Menu



**Sunday**

**Grill Works**

Orange Habanero Chicken Sandwich  
398 Calories  
Sun Chips  
140 Cal, 1oz

**Pizza/Al Dente's**

Pasta Fantastica  
401 Cal, 1 Cup

**Comfort Zone**

Pancakes  
115 Cal. Each  
Syrup  
100 Cal, 2T  
Scrambled Eggs  
70 Cal, 3T  
Ham Steaks (GF)(DF)  
80 Cal, 3oz  
Tri-Tater (GF)(DF)  
100 Cal, Ea.

**Herbs Garden**

Orange Habanero Tofu Triangles  
419 Cal / Each

**Showthyme**

Cereal & Waffle Station (GF)  
270 Cal, Ea

**Monday**

**Grill Works**

Pecan Encrusted Tilapia  
260 Calories  
Cheddar Grits (GF)  
110 Cal, 3oz  
Corn (VG)(BW)  
35 Cal, 6oz  
Winter Blend (GF)(VG)(BW)  
30 Cal, 1 Cup

**Pizza/Al Dente's**

Verenika Casserole  
250 Cal, 6oz  
Sweet Yeast Rolls  
220 Cal, 2 Ea.

**Comfort Zone**

Chicken Fajita Wrap (GF)(BW)(DF)  
469.2 Cal, Ea.

**Herbs Garden**

Vegan Eggplant, Zucchini & Lentil Moussaka (GF)(BW)  
274 Cal, 4oz

**Showthyme**

Cereal & Waffle Station (GF)  
270 Cal, Ea

**Tuesday**

**Grill Works**

Sweet & Spicy Honey Sriracha Chicken Tacos (GF)(DF)  
234 Calories  
Spanish Rice (GF)(VG)  
223 Cal, 4oz

**Pizza/Al Dente's**

Apple or Chocolate Dessert Pizza  
250 Cal, Slice

**Comfort Zone**

Cantonese Pineapple Pork (GF)(DF)  
614.4 Cal, Ea.  
Couscous (VG)  
117 Cal, 4 oz  
Oriental Vegetable Blend (GF)(VG)(BW)  
37.9 Cal, 4oz  
Corn (GF)(VG)(BW)  
50 Cal, 4oz

**Herbs Garden**

Sweet & Spicy Sriracha Cauliflower Tacos (VG)  
455 Cal, 2 Ea.

**Showthyme**

Cereal & Waffle Station (GF)  
270 Cal, Ea

**Wednesday**

**Grill Works**

Atlantic Cod (GF)(BW)(DF)  
401 Cal, Ea.  
Brown Rice (GF)(VG)  
279 Cal, 4oz  
Sautéed Broccoli & Grape Tomatoes (GF)(VG)(BW)  
25 Cal, 2/3 cup  
Italian Blend (GF)(VG)(BW)  
50 Cal, 1/3 Cup

**Pizza/Al Dente's**

Penne Ala Rosa  
504 Cal, 8oz  
Pork Fritter Sandwich  
430.9 Calories

**Comfort Zone**

Chicken & Vegetable Stir Fry (GF)(DF)  
823 Cal, Ea.  
With all options

**Herbs Garden**

Stuffed Portabella Mushrooms (GF)  
285.6 Cal, Ea.

**Showthyme**

Cereal & Waffle Station (GF)  
270 Cal, Ea

**Thursday**

**Grill Works**

Turkey Burger (GF)(DF)  
444.2 Calories  
French Fries  
110 Cal, 3oz

**Pizza/Al Dente's**

Pepperoni Pizza  
355 Cal, Slice  
Cheese Pizza  
297.3 Cal, Slice

**Comfort Zone**

Asian Chicken Thighs (GF)(DF)  
372.8 Cal, Ea.  
Pork Pot Stickers  
259.1 Cal, Ea.  
Japanese Blend (GF)(VG)(BW)  
30 Cal, 8 oz

**Herbs Garden**

Crispy Tofu with Maple Soy Glaze (GF)  
407.1 Cal, Ea.

**Showthyme**

Cereal & Waffle Station (GF)  
270 Cal, Ea

**Friday**

**Grill Works**

Szechuan Style Pulled Pork Sandwich (GF)(DF)  
570 Cal., 4oz  
Cool Ranch Doritos  
150 Cal, 1oz

**Pizza/Al Dente's**

Goulash  
386 Cal, 1 Cup  
Breadsticks  
220 Cal / 2 Ea.

**Comfort Zone**

Bread & Spread Bar (GF)(DF)  
746.7 Cal, Ea.  
With all options  
Turkey Corndog  
280 Calories  
Peas & Carrots (GF)(VG)(BW)  
50 Cal, 6oz  
Roasted Cauliflower (GF)(VG)(BW)  
37.9 Cal, 4oz

**Herbs Garden**

Spaghetti Squash with Garlicky Kale Pesto and Sundried Tomatoes (GF)(BW)(V)  
321 Cal, Ea.

**Showthyme**

Cereal & Waffle Station (GF)  
270 Cal, Ea

**Saturday**

**Grill Works**

Beef Tips with Grilled Onions & Peppers  
471.6 Calories  
Mashed Potatoes (GF)  
141 Cal, 4oz

**Pizza/Al Dente's**

Baked Ziti  
152.2 Cal, 4oz

**Comfort Zone**

Biscuits  
200 Cal. Each  
Country Gravy  
50 Cal, 2oz  
Scrambled Eggs  
70 Cal, 3T  
Sausage Patty (GF)(DF)  
160 Cal, Ea.  
Diced Potatoes (GF)(DF)  
80 Cal, 2/3 Cup

**Herbs Garden**

Saucy Beans and Artichoke Hearts (GF)(VG)(BW)  
207.5 Cal, Ea.

**Showthyme**

Cereal & Waffle Station (GF)  
270 Cal, Ea