

Entrées - Week 1

Monday

Comfort Food: Cheese Tortellini (Contains: Milk, Eggs, Wheat, Gluten)

Mindful: Lemon Garlic Baked Chicken (Contains: Milk, Soy)

Sides: Roasted Carrots (Contains: Soy), Roasted Red Potatoes (Contains: Soy)

Tuesday

Comfort Food: Chicken Tikka Masala (Contains: Milk, Soy)

Mindful: Blackened Tilapia (Contains: Fish, Soy)

Sides: Roasted Cauliflower (Contains: Soy), Rice (Contains: Soy)

Wednesday

Comfort Food: Baked Chicken Parmesan with Pasta (Contains: Wheat, Gluten, Soy, Milk, Egg)

Mindful: Turkey Breast Vesuvio (Contains: Soy, Milk)

Sides: Roasted Zucchini (Contains Soy, Sulphites), Mashed Potatoes (Contains: Soy, Dairy, Sulphites)

Thursday

Comfort Food: Baked Mostaccioli (Contains: Soy, Wheat, Milk, Gluten, Egg)

Mindful: Chicken Tinga (Contains: Soy)

Sides: Azteca Corn (Contains: Soy), Mexican Rice (Contains: Soy)

Friday

Comfort Food: Beef and Broccoli Stir Fry with Rice (Contains: Wheat, Soy, Gluten, Sesame, Sulphites)

Mindful: Roasted Italian Chicken Thigh (Contains: Soy)

Sides: Roasted Vegetables (Contains: Soy), Couscous Primavera (Contains: Wheat, Gluten, Soy)

Entrées - Week 2

Monday

Comfort Food: Jerk Chicken (Contains: Wheat, Soy, Gluten, Sulphites)
Mindful: Dijon Crusted Salmon (Contains: Soy, Mustard, Milk, Gluten, Wheat)
Sides: Brussel Sprouts (Contains: Soy), Rice (Contains: Soy)

Tuesday

Comfort Food: Veggie Chilaquiles (Contains: Milk, Soy)
Mindful: Thai Chicken Stir Fry (Contains: Wheat, Soy, Sesame, Gluten)
Sides: Roasted Carrots (Contains: Soy), Cilantro Lime Rice (Contains: Soy)

Wednesday

Comfort Food: Swedish Meatballs with Egg Noodles (Contains: Milk, Egg, Wheat, Soy, Gluten, Sulphites)
Mindful: Tortilla Crusted Tilapia (Contains: Fish, Soy, Wheat Gluten)
Sides: Sugar Snap Peas (Contains: Soy), Orzo (Contains: Wheat, Gluten, Soy, Egg)

Thursday

Comfort Food: Spinach Ravioli with Cream Sauce (Contains: Milk, Eggs, Wheat, Gluten, Soy)
Mindful: Turkey Meatloaf with Gravy (Contains: Gluten, Soy, Milk, Wheat, Egg)
Sides: Sautéed Broccolini (Contains: Soy), Roasted Sweet Potatoes (Contains: Soy)

Friday

Comfort Food: Chopped Steak with Onion Gravy (Contains: Soy, Sulphites)
Mindful: Chicken with Country Gravy (Contains: Soy, Milk, Wheat, Gluten)
Sides: Roasted Vegetables (Contains: Soy, Sulphites), Mashed Potatoes (Contains: Sulphites, Soy, Milk)

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Entrées - Week 3

Monday

Comfort Food: Open Faced Pot Roast Sandwich (Contains: Milk, Wheat, Soy, Gluten, Mustard, Sulphites)

Mindful: Bruschetta Chicken Breast (Contains: Sulphites, Soy)

Sides: Snow Peas (Contains: Soy), Red Potatoes (Contains: Soy)

Tuesday

Comfort Food: Baked Beef Ravioli with Bread Stick (Contains: Milk, Eggs, Soy, Wheat, Gluten)

Mindful: Biryani Chicken (Contains: Soy, Milk)

Sides: Lemon Pepper Green Beans (Contains: Soy), Yellow Rice (Contains: Soy)

Wednesday

Comfort Food: Dijon Chicken (Contains: Soy, Mustard, Milk, Gluten, Wheat)

Mindful: Baked Herbed Cod (Contains: Soy, Fish)

Sides: Asparagus (Contains: Soy), Scalloped Potatoes (Contains: Milk, Wheat, Soy, Gluten, Sulphites)

Thursday

Comfort Food: Tempura Chicken Stir Fry (Contains: Soy, Egg, Sesame, Wheat, Gluten)

Mindful: Baked Pork Chop with Gravy (Contains: Mustard, Soy, Sulphites)

Sides: Roasted Cauliflower (Contains: Soy), Rice (Contains: Soy)

Friday

Comfort Food: 3 Cheese Penne (Contains: Milk, Wheat, Soy, Gluten)

Mindful: Chicken Marsala (Contains: Wheat, Soy, Gluten, Sulphites)

Sides: Roasted Vegetables (Contain: Soy), Mashed Potatoes (Contains: Sulphites, Soy, Milk)

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Entrées - Week 4

Monday

Comfort Food: BBQ Pulled Chicken Sandwich (Contains: Soy, Mustard, Sulphites, Wheat, Gluten)

Mindful: Teriyaki Glazed Salmon (Contains: Fish, Wheat, Soy, Gluten, Sesame)

Sides: Roasted Corn (Contains: Soy), Roasted Potatoes (Contains: Soy)

Tuesday

Comfort Food: Homemade Beef Meatloaf with Gravy (Contains: Milk, Eggs, Wheat, Soy, Gluten, Sesame, Sulphites)

Mindful: Chicken Piccata (Contains: Soy, Milk)

Sides: Roasted Carrots & Broccoli (Contains: Soy), Mashed Potatoes (Contains: Sulphites, Milk, Soy),

Wednesday

Comfort Food: Chipotle & Orange Grilled Chicken (Contains: Soy, Mustard, Sulphites)

Mindful: Veggie Lo-Mein (Contains: Eggs, Wheat, Soy, Gluten, Sesame)

Sides: Roasted Broccolini (Contains: Soy), Egg Roll (Contains: Eggs, Wheat, Gluten, Sesame)

Thursday

Comfort Food: Beef and Mushroom Stroganoff with Pasta (Contains: Milk, Wheat, Soy, Gluten, Sulphites, Egg)

Mindful: Tofu Stir Fry (Contains: Wheat, Soy, Sesame, Gluten)

Sides: Lemon Pepper Green Beans (Contains: Soy), Rice (Contains: Soy)

Friday

Comfort Food: Baked Battered Cod (Contains: Milk, Fish, Wheat, Soy, Gluten)

Mindful: Turkey Sloppy Joe (Contains: Soy, Wheat, Gluten, Milk)

Sides: Roasted Vegetables (Contains: Soy, Sulphites), Roasted Wedge Potatoes (Contains: Soy)

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THE GRILLE

by **sodexo***

Grille Menu

Everyday Options

Hamburger (Contains: Soy, Wheat, Gluten,)

Cheeseburger (Contains: Soy, Wheat, Gluten, Milk)

Spicy Chipotle Black Bean Burger (Contains: Milk, Eggs, Wheat, Soy, Gluten)

Baked Chicken Tenders (Contains: Soy, Gluten, Wheat)

Baked French Fries (Contains: Soy)

Baked Curly Fries (Contains: Soy)

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Panini Menu

(Bread is not made in house and is made in a facility that processes soy, nuts and tree nuts)

Everyday Options

3 Cheese Panini (Contains: Milk, Wheat, Soy Gluten)

Italian Turkey Panini (Contains: Milk, Eggs, Wheat, Soy, Gluten, Mustard)

Caprese Panini (Contains: Milk, Wheat, Soy, Gluten)

Week 1

Balsamic Chicken Panini (Contains: Milk, Wheat, Soy, Gluten)

Week 2

Buffalo Chicken Panini (Contains: Egg, Gluten, Milk, Mustard, Soy, Wheat)

Week 3

BBQ Chicken Panini (Contains: Milk, Eggs, Wheat, Soy, Gluten, Mustard, Sulphites)

Week 4:

Italian Panini (Contains Milk, Eggs, Wheat Soy, Gluten, Mustard)

Soups

Week 1: Veggie Chili (Contains: Gluten, Wheat) **and Chicken Noodle** (Contains: Egg, Gluten, Soy, Wheat)

Week 2: Tomato Basil (Contains: Milk) **and Broccoli Cheddar** (Contains: Milk, Soy)

Week 3: Veggie Chili (Contains: Gluten, Wheat) **and Corn Chowder** (Contains: Milk, Wheat, Gluten)

Week 4: Tomato Basil (Contains: Milk) **and Chicken Tortilla** (Contains: Gluten, Wheat, Soy)



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Everyday Options

Cheese Pizza (Contains: Milk, Wheat, Gluten, Soy)

Sausage Pizza (Contains: Milk, Wheat, Soy, Gluten, MSG)

Pepperoni Pizza (Contains: Milk, Wheat, Gluten, Soy, Sulphites)

BBQ Chicken Pizza (Milk, Wheat, Soy, Gluten, Mustard, Sulphites)

Vegetable Lover's Pizza (Contains: Milk, Wheat, Soy, Gluten, Mustard)

Cheese Breadsticks (Contains: Gluten, Soy, Dairy)

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Made to Order Sandwiches and Wraps

Choice of Bread

****White, Wheat, 9-Grain Bread**

Pretzel Bun, Kaiser Roll, Tortilla Wrap



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Choice of Fresh Sliced Deli Meats

Oven Roasted Turkey (No Allergens Listed), Black Forest Ham (No Allergens Listed), Slow Cooked Roast Beef (Contains: Soy),

Salami (No Allergens Listed), Hummus (Contains: Sesame, Soy), Buffalo Chicken (Contains: Milk, Eggs, Wheat, Soy, Gluten)

BBQ Chicken (Contains: Eggs, Wheat, Soy, Gluten, Mustard, Sulphites)

Choice of Fresh Veggies

Shredded Lettuce, Fresh Tomatoes, Sliced Red Onions, Fresh Spinach, Pickles, Sliced Black Olives, Pickled Jalapeno Peppers, Sliced Banana Peppers

Choice of Sliced Cheese

Swiss Cheese (Contains: Milk), Mild Cheddar Cheese (Contains: Milk),

Pepper Jack Cheese (Contains: Milk),

Provolone Cheese (Contains: Milk), American Cheese (Contains: Milk, Soy)

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Sandwiches

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Turkey and Cheese on Pretzel Roll (Contains: Milk, Eggs, Wheat, Soy, Gluten)

Italian Sandwich (Contains: Milk, Eggs, Wheat, Soy, Gluten)

Chicken Salad Sandwich (Contains: Milk, Eggs, Wheat, Soy, Gluten, Mustard)

Ham & Swiss on Marble Rye (Contains: Milk, Wheat, Soy, Gluten)

Wraps

Buffalo Chicken (Contains: Milk, Eggs, Wheat, Soy, Gluten, Mustard)

Hummus and Roasted Veggie (Contains: Wheat, Soy, Gluten, Mustard, Sesame)

Chicken Caesar (Contains: Milk, Eggs, Fish, Wheat, Soy, Gluten, Rye)

Caesar (Contains: Milk, Eggs, Fish, Wheat, Soy, Gluten, Rye)

Turkey Bacon (Contains: Eggs, Wheat, Soy, Gluten, Mustard)

Salads

Buffalo Chicken Salad (Contains: Milk, Eggs, Wheat, Soy, Gluten)

Garden Salad (Contains: No Allergens Listed)

Chicken Caesar Salad (Contains Milk, Wheat, Soy, Gluten, Sulphites)

Caesar Salad (Contains: Milk, Wheat, Soy, Gluten)

Stevenson Quinoa Salad (Contains: Milk, Soy, Mustard)

Snacks

Hummus & Pita Bread (Contains: Milk, Wheat, Soy, Gluten, Sesame)

Fresh Vegetable Crudités (Contains: No Allergens Listed)

Grapes & Cheese (Contains: Milk)

Fresh Fruit Cup (Contains: No Allergens Listed)

Yogurt Parfait (Contains: Milk)

Jell-O (No Allergens Listed)

Home-Made Pasta Salad (Contains: Egg, Wheat, Soy, Gluten, Mustard)

Chocolate (Contains: Milk)

Vanilla Pudding (**Contains: Milk**)

Chips and Salsa (**Contains: Soy**)

Chips and Guacamole (**Contains: Soy**)

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International Station

Mediterranean

Rice (**Contains: Soy**)

Chicken (**Contains: Soy**)

Gyro (**Contains: Wheat, Soy, Gluten**)

Falafel (**No Allergens Listed**)

Naan (**Contains: Gluten, Milk, Soy, Egg**)

Hummus (**Contains: Sesame, Soy**)

Cabbage Salad (**Contains: Soy**)

Tomato Cucumber Salad (**Contains: Dairy, and Soy**)

Couscous (Contains: (**Wheat, Gluten, Soy**))

Tahini (**Contains: Sesame**)

Roasted Red Pepper Sauce (**Contains: Milk, Soy**)

Schug (**No Allergens Listed Listed**)

Pasta

Pasta (Contains: Wheat, Gluten, Egg)

Marinara Sauce (No Allergens Listed)

Alfredo Sauce (Contains: Milk, Soy)

Vodka Sauce (Contains: Milk, Wheat, Gluten)

Chicken (Contains: Soy, Sulphites)

Meatballs (Contains: Milk, Wheat, Soy, Gluten)

Italian Sausage (Contains: MSG)

Parmesan Cheese (Contains: Dairy)

Macaroni and Cheese

Macaroni and Cheese (Contains: Milk, Wheat, Gluten, Mustard)

BBQ Chicken (Contains: Mustard)

Broccoli (Contains: Soy)

Vegetarian Chili (Contains: Gluten, Wheat)

Bacon Bits (No Allergies Listed)

Pickled Jalapeno (No Allergies Listed)

Shredded Cheese (Contains: Milk)

Buffalo Sauce (Contains: Soy)

French Fried Onions (Contains: Gluten, Wheat)

Burrito Bowl

Rice (**Contains: Soy**)

Chicken (**Contains: Milk, Soy**)

Barbacoa (**No Allergens Listed**)

Black Beans (**No Allergens Listed**)

Shredded Cheddar (**Contains: Milk**)

Corn Salsa (**Contains: Soy**)

Pico De Gallo (**No Allergens Listed**)

Sour Cream (**Contains: Milk**)

Red Salsa (**No Allergens Listed Listed**)

Salsa Verde (**No Allergens Listed Listed**)

Pickled Jalapeno (**No Allergens Listed Listed**)

Guacamole (**No Allergens Listed Listed**)

PWC

Acai Bowls:

With toppings: Granola, Chia Seeds, Honey, Blueberries, Black Berries, Strawberries, Mango, Kiwi, Pepitas.

Salads:

Glowing Grains

Power Green Mix: Super-Greens Blend

Choice of Additional Protein including Plant Based Options.

Choice of House Made Dressing: Green Goddess (vegan)

Balsamic Vinaigrette

Light Ranch

Scoop Salads:

1 scoop with choice of Pita Chips or Veggies

2 Scoop with Pita Chips and Veggies

Chicken Salad, Vegan Deli Salad, Tuna Salad, Egg Salad, Sweet Potato Salad

Wraps:

Power Wrap

Thai Wrap

Veggie Vitality Wrap

California Turkey Sandwich

Portobello Mushroom & Goat Cheese:

Breakfast Sandwich Plant Based Bacon Or Sausage

Grab n Go:

Fruit cups of each fruit individually

Yogurt Parfaits

Snack Boxes

Veggie Cups

Bubble Tea:

Choice of Beverage: Black Milk Tea, Matcha Milk Tea, Chai Milk Tea, Taro Milk Tea, Strawberry Tea, Mango Tea, or Dragon Fruit Tea.

Choice of Add ins: Black Tapioca, Passion Fruit Bursting Boba, Lychee Bursting Bob.

Coffee, Tea:

Coffee, Latte, Mocha, Americano, Hot Chocolate, Hot Tea,

Pastries

Caprese Puff Pastry

Ham & Cheese Puff with Asparagus

Whole Grain Triple Berry Muffin

Smoothies:

Green Machine Smoothie

Power Berry Smoothie