


Classic

Meal Plan

Breakfast: 7:00 AM - 9:00 AM
Lunch: 11:30 AM - 1:30 PM
Dinner: 6:00 PM - 8:00 PM
Meal Plan service requested outside of these times may incur additional charges.

30+ 

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast \$12.95	Pancakes & Syrup (230 cal)	Mexican Breakfast Soft Tacos	Salsa Scrambled Eggs (160 cal)	Western Scrambled Eggs	Vegetable Frittata (180 cals)	Pancakes & Syrup (230 cal)	Scrambled Eggs (100 cal)
	Hard Boiled Eggs (75 cal)	(260 cal)	Vegetable Scramble Hash	(160 cal)	Pork Ham (60 cal)	Southwest Tofu Scramble	Pork Sausage Patties
	Pork Bacon (40 cal)	Pork Sausage Links (180 cal)	(280 cal)	Breakfast Bean & Vegetable	Hash Brown Potatoes (290	(200 cal)	(240 cal)
	Apple Cinnamon Raisin	Diced Potatoes (190 cal)	Pork Ham (60 cal)	Casserole (190 cal)	cal)	Pork Bacon (40 cal)	Hash Brown Potatoes
	Oatmeal (325 cal)	Toast, Butter & Jam (150 cal)	Toast, Butter & Jam (150 cal)	Pork Bacon (40 cal)	Cranberry Quinoa Porridge	Toast, Butter & Jam (150 cal)	(290 cal)
				Toast, Butter & Jam (150 cal)	(210 cal)		Chipotle Beans (350 cal)
	Included with Breakfast: Assorted Cold Cereals (160-370 cal), Fresh Whole Fruit (60-90 cal), Assorted Muffins & Pastries (160-375 cal), Juice, Coffee & Tea served with Dairy & Dairy-free Milk (0-150 cal)						
Lunch \$14.95	Chicken Noodle Soup	Pasta Bake with Italian Pork	Beef Fajitas (175 cal)	Mild Coconut Chicken Curry	Teriyaki Beef Meatballs	Grilled Chicken on a Bun	Crispy Chicken Tenders
	(85 cal)	Sausage (480 cal)	Vegetable & Meatless Chicken	(500 cal)	(285 cal)	(380 cal)	(4pc/person) (300 cal)
	Minestrone Soup (90 cal)	Pasta with Tomato & Zucchini	Fajitas (180 cal)	Vegetarian Coconut Chickpea	Cantonese Tofu (170 cal)	Grilled Panini w/ Hummus &	Cajun Mac and Cheese
	Assorted Sandwiches &	(300 cal)	Steamed Vegetables (30 cal)	Curry (270 cal)	Vegetable Fried Rice (200 cal)	Roasted Vegetables	(565 cal)
	Wraps (465-640 cal)	Steamed Vegetables (30 cal)	Three Bean Salad (85 cal)	Steamed White Rice (130 cal)	Steamed Vegetables (30 cal)	(510 cal)	Potato Wedges (80 cal)
	Steamed Vegetables (30 cal)	Garlic Bread (60 cal)	Garden Salad (20 cal)	Steamed Vegetables (30 cal)	Asian Mandarin Salad (98 cal)	Steamed Vegetables (30 cal)	Steamed Vegetables (30 cal)
	Garden Salad (20 cal)	Garden Salad (20 cal)		Spinach Sundried Tomato		Spinach Sundried Tomato	Coleslaw (40 cal)
	Potato Salad (250 cal)	Caesar Salad (100 cal)		Salad (110 cal)		Salad (110 cal)	Garden Salad (20 cal)
	Included with Lunch: Whole Fresh Fruit (60-90 cal Cold Beverages (0-150 cal)					Coleslaw (40 cal)	
Dinner \$18.95	Beef Lasagna (300 cal)**	Indonesian Coconut Chicken	Chicken Parmigiana (320 cal)	Hungarian Beef Stew	Bahamian BBQ Chicken	Chicken Cacciatore with	Roast Pork Loin (230 cal)
	Vegetarian Lasagna	(320 cal)	Cheese Tortellini Casserette	(225 cal)	(130 cal)	Pasta (230 cal)	Vegetable Bean Cassoulet
	(210 cal)**	Roasted Hoisin Tofu (190 cal)	(360 cal)	Tomato & Roasted Eggplant	Mediterranean Pasta with	Mushroom Sloppy Joes	(260 cal)
	Vegan option upon request:	Spicy Mongolian Noodles (540	Vegan option upon request:	Stew (300 cal)	Beans (280 cal)	(210 cal)	Mashed Potatoes (150 cal)
	Pasta Primavera (330 cal)	cal)	Vegan Chili (530 cal)	Steamed Rice (130 cal)	Steamed Vegetables (30 cal)	Steamed Vegetables (30 cal)	Roasted Root Vegetables
	Steamed Vegetables (30 cal)	Steamed Vegetables (30 cal)	Butter Linguine (150 cal)	Steamed Vegetables (30	Mexican Potato Mash (275 cal)	Caesar Salad (100 cal)	(50 cal)
	Garlic Bread (160 cal)	Chinese Cabbage Salad (100 cal)	Steamed Vegetables (30 cal)	cal)	Garden Salad (20 cal)	Garden Salad (20 cal)	Dinner Rolls (100 cal)
	Garden Salad (20 cal)		Kale Caesar Salad with	Quinoa Salad (120 cal)	Garlic Bread (160 cal)	Garlic Bread (160 cal)	Spinach Sundried Tomato
	Caesar Salad (100 cal)	Dinner Rolls (100 cal)	Chickpeas (150 cal)	Dinner Rolls (100 cal)		Apple Pie (370 cal)	Salad (110 cal)
	Assorted Tarts (400-450 cal)	Assorted Pudding (60-90 cal)	Garlic Bread (160 cal)	Carrot Cake (400 cal)	Berry Crumble Dessert Bars		Chocolate Cake (190 cal)
			Dessert Squares (240 cal)		(240 cal)		
	Included with Dinner: Whole Fresh Fruit (60-90 cal) Assorted Cold Beverages (0-150 cal), Coffee & Tea served with Dairy & Dairy-free Milk (0-150 cal)						