



Breakfast

Baked Beans  	120 cal
Chickpea Scramble Wrap 	280 cal
Scrambled Eggs with Cheese 	150 cal
Hard Boiled Eggs 	70 cal
Eggs Made to Order  	80-200 cal
Ham 	20 cal
Cinnamon Swirl French Toast 	170 cal
Ham & Egg'r Sandwich	260 cal
Waffles 	370 cal
Kidney Beans  	110 cal
Sauteed Kale  	15 cal
Wild Rice  	140 cal
Seasoned Potato Wedges  	100 cal
Baked Apple Oatmeal 	120 cal
Homemade Muesli 	210 cal
Plain Yogurt 	70 cal
Vanilla Yogurt 	90 cal
Fruit Salad  	60 cal
Chef Feature Smoothie	
Daily Vegan Smoothie 	
Maple Cinnamon Swirl Muffin 	290 cal
Vanilla Scone 	100 cal
Apple Turnover 	220 cal

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 -12) need an average of 1,500 calories a day. However, individual needs vary.

Farmer's Kitchen	Smoked Paprika Chicken Thighs   	330 cals
	Spicy Potato Wedges  	100 cals
	Roasted Broccoli  	20 cals
	Fried Haddock 	120 cals
	Fries  	260 cals
	Coleslaw  	100 cals
Pasta & Pizza	Penne Primavera Alfredo with Side Chicken	370 cals
	Pepperoni Pizza	180 cals
	Cheese Pizza 	150 cals
	Margherita Pizza 	150 cals
	Chef Feature Vegan Pizza 	
Global Kitchen + Deli	Beef Fajita 	120 cals
	Mexican Brown Rice  	150 cals
	Bean & Vegetable Fajita 	330 cals
	Guacamole Chicken Wrap	190 cals
	Plant Based Meatball Sub	210 cals
Vegan Station	Tri-Colour Bean Ragout 	100 cals
	Basmati Rice  	80 cals
	Lentil Spinach Masala  	140 cals
	Roasted Acorn Squash   	60 cals
Salad Station	Crudite  	30 cals
	Hard Eggs  	60 cals
	Market Greens  	110 cals
	Greek Salad  	160 cals
	Sweet Potato Salad with Chipotle Dressing  	140 cals
Soups	Tomato Red Pepper Bisque  	140 cals
	Chickpea & Root Vegetable  	120 cals
	Cauliflower Potato Soup   	80 cals
Bakery Items	Vegan Tiramisu 	150 cals
	Black Forest Cake 	220 cals
	Smores Brownie 	260 cals
	Double Chocolate Chip Cookie 	120 cals







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Dinner

W4-T-D

Farmer's Kitchen	Coconut, Miso, & Citrus Roasted Pork Loin	110 cals
	Chicken Fried Rice	200 cals
	Seasonal Vegetable  	50 cals
	Crispy Chicken Snacker 	200 cals
Pasta & Pizza	Baked Farfalle with Side Sausage	300 cals
	Cheese Ravioli with Pesto Primavera	250 cals
	Pepperoni Pizza	180 cals
	Cheese Pizza 	150 cals
	Margherita Pizza 	150 cals
	Chef Feature Vegan Pizza 	
Global Kitchen + Deli	Egg Rolls 	290 cals
	Chicken Fried Rice 	200 cals
	Guacamole Chicken Wrap	190 cals
	Plant Based Meatball Sub	210 cals
Vegan Station	Mediterranean Hummus Quesadilla 	220 cals
	Vietnamese Hoisin Tofu Stir Fry  	170 cals
	Roasted Sweet Potato	cals
	Coconut Jasmine Rice  	190 cals
Salad Station	Crudite  	30 cals
	Hard Eggs  	60 cals
	Market Greens  	110 cals
	Greek Salad  	160 cals
	Sweet Potato Salad with Chipotle Dressing  	140 cals
Soups	Tomato Red Pepper Bisque  	140 cals
	Chickpea & Root Vegetable  	120 cals
	Cauliflower Potato Soup   	80 cals
Bakery Items	Vegan Tiramisu 	150 cals
	Buttertart Square 	170 cals
	Smores Brownie 	260 cals
	Double Chocolate Chip Cookie 	120 cals

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