

OASIS

W3-M-D

Combos include choice of one soup or salad, one dessert or fruit, & one beverage.

COMBO #1 – RAVEN'S DINNER 940–1490 cals

Chicken Pot Pie	 	750 cals
Oven Roasted Potatoes	  	130 cals
Sautéed Cabbage	 	60 cals

COMBO #2 – CHEF'S FEATURE 270–820 cals

Southern Pork Grilled Cheese	270 cals
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COMBO #3 – GLOBAL 390–940 cals

Black Bean Quesadilla		240 cals
Mexican Rice	 	150 cals

COMBO #4 – VEGAN 360–910 cals

Coconut Tofu with Sweet Chili Sauce		190 cals
Basmati Rice	 	80 cals
Moroccan Carrots	 	90 cals

COMBO #5 – DELI 210–1180 cals

Buffalo Chicken Sub		210 cals
Choice of:		
Marinated Vegetables	 	100 cals
Fries	 	420 cals

Soups

Potato & Leek Soup	 	280 cals
Vegetable Soup	 	110 cals

Salads

Mixed Greens	 	110 cals
Marinated Vegetables	 	100 cals

Desserts

Cinnamon Bun		270 cals
Berry Crisp	 	170 cals

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.