

OASIS

W3-T-D

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

COMBO #1 – RAVEN'S DINNER 320–990 cals

Cajun Roast Turkey Breast 🌾 100 cals

Yukon Gold & Yam Mash 🌿 120 cals

Roasted Beets w/ Olive Oil & Basil 🌾 🚰 🌿 100 cals

COMBO #2 – CHEF'S FEATURE 150–840 cals

BBQ Chicken Pizza 🍷 170 cals

Margherita Pizza 🌿 150 cals

COMBO #3 – GLOBAL 290–960 cals

Tofu Katsu Bowl 🌿 290 cals

COMBO #4 – VEGAN 440–1110 cals

General Tso Tofu 🌿 🌾 🚰 180 cals

Lentil Spinach Masala 🌿 🌾 140 cals

Brown Rice 🌿 🌾 120 cals

COMBO #5 – DELI 200 – 1290 cals

Tuna Salad Baguette 🐟 200 cals

Choice of:

Spinach, Corn & Quinoa Salad 🌿 🌾 190 cals

Fries 🌿 🌾 420 cals

Soups

Mushroom Cream Soup 🌿 🌾 🚰 80 cals

7 Bean Chili 🌿 🌾 330 cals

Salads

Mixed Greens 🌿 🌾 110 cals

Spinach, Corn & Quinoa 190 cals

Salad 🌿 🌾

Desserts

Banana Cream Pie 🌿 🌾 120 cals

Butter Tart 🌿 340 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.