

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

## COMBO #1 – RAVEN'S LUNCH 320–760 cals

BBQ Chicken	حلال	160 cals
Roasted Red Potatoes w/ Garlic		120 cals
Sunrise Vegetable Mix		40 cals

## COMBO #2 – CHEF'S FEATURE 160–600 cals

Cheese Cannelloni		160 cals
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## COMBO #3 – GLOBAL 260–700 cals

Honey Garlic Tofu Stir Fry		180 cals
Chow Mein Noodles		80 cals

## COMBO #4 – VEGAN 600–1040 cals

Sweet Potato Coconut Curry		250 cals
Bok Choy with Miso Tofu		180 cals
Jasmine Rice		100 cals
Roasted Eggplant		70 cals

## COMBO #5 – DELI 210–1070 cals

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

### Soups

Vegetable Soup		110 cals
Potato & Leek Soup		280 cals

### Salads

Mixed Greens		110 cals
Marinated Vegetables		100 cals

### Desserts

Strawberry Cream Cupcake		90 cals
Berry Crisp		160 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.