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.

### COMBO #1 – RAVEN'S BREAKFAST
- Scrambled Eggs with Cheese
- Ham
- Seasoned Potato Wedges
- Toasted English Muffin
- Homemade Muesli
- Whole Fruit

**660–700 cals**
- 150 cals
- 20 cals
- 100 cals
- 140 cals
- 210 cals
- 40–80 cals

### COMBO #2 – RAVENS VEGAN BREAKFAST
- Chickpea Scramble Wrap
- Seasoned Potato Wedges
- Sautéed Kale
- Baked Beans
- Fruit Salad
- Whole Fruit

**700–740 cals**
- 280 cals
- 100 cals
- 20 cals
- 200 cals
- 60 cals
- 40–80 cals

### COMBO #3 – RAVENS VEGETARIAN BREAKFAST
- Pancakes with Syrup
- Seasoned Potato Wedges
- Hard Boiled Egg
- Homemade Muesli
- Fruit Salad
- Whole Fruit

**620–660 cals**
- 140 cals
- 100 cals
- 70 cals
- 210 cals
- 60 cals
- 40–80 cals

### COMBO #4 – RAVENS BREAKFAST SANDWICH
- Ham & Egg Sandwich
- Seasoned Potato Wedges
- Yogurt
- Fruit Salad
- Whole Fruit

**550–590 cals**
- 260 cals
- 100 cals
- 90 cals
- 60 cals
- 40–80 cals
Combos include choice of one soup or salad, one dessert or fruit, & one beverage.

### COMBO #1 – RAVEN'S LUNCH
- Smoked Paprika Chicken Thighs 🍗 50 cals
- Spicy Potato Wedges 🍟 100 cals
- Roasted Broccoli 🌽 20 cals

### COMBO #2 – CHEF'S FEATURE
- Fried Haddock 🍦 120 cals
- Fries 🍟 420 cals

### COMBO #3 – GLOBAL
- Bean & Vegetable Fajita 🌯 90 cals
- Beef Fajita 🍘 260 cals

### COMBO #4 – VEGAN
- Lentil Spinach Masala 🍗 140 cals
- Roasted Acorn Squash 🍁 60 cals
- Basmati Rice 🍚 80 cals

### COMBO #5 – DELI
- Guacamole Chicken Wrap 🍭 200 cals
  Choice of:
  - Sweet Potato w/ Chipotle Dressing 🍗 130 cals
  - Fries 🍟 420 cals

### Soups
- Chickpea & Root Vegetable Soup 🍲 🍲 120 cals
- Tomato Red Pepper Bisque 🍲 🍲 140 cals

### Salads
- Mixed Greens 🍲 110 cals
- Sweet Potato w/ Chipotle Dressing 🍳 🍳 130 cals

### Desserts
- Mixed Berry Square 🍭 170 cals
- Banana Cream Pie 🍲 🍲 120 cals

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**COMBO #1 – RAVEN'S DINNER**
- Coconut, Miso & Citrus Roasted Pork Loin 🍗 110 cals
- Mashed Turnip 🍠 110 cals
- Seasonal Vegetable 🥦 50 cals

**COMBO #2 – CHEF'S FEATURE**
- Crispy Chicken Snacker 🍗 200 cals
- Fries 🍟 420 cals

**COMBO #3 – GLOBAL**
- Egg Rolls 🍳 290 cals
- Chicken Fried Rice 🍲 290 cals

**COMBO #4 – VEGAN**
- Vietnamese Hoisin Tofu Stir Fry 🍗 170 cals
- Coconut Jasmine Rice 🍚 190 cals
- Balsamic Roasted Brussels Sprouts 🥦 90 cals

**COMBO #5 – DELI**
- Guacamole Chicken Wrap 🍗 200 cals
- Choice of:
  - Sweet Potato with Chipotle Dressing 🥕 130 cals
  - Fries 🍟 420 cals

**Soups**
- Tomato Red Pepper Bisque 🍲 140 cals
- Chickpea & Root Vegetable 🥦 120 cals

**Salads**
- Mixed Greens 🥗 110 cals
- Sweet Potato with Chipotle Dressing 🍠 🥕 130 cals

**Desserts**
- Banana Cream Pie 🍪 🍥 120 cals
- Butter Tart 🍪 220 cals

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