

Please choose one breakfast meal option.

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## COMBO #1 – RAVEN'S BREAKFAST

Scrambled Eggs with Cheese 	150 cal
Ham 	20 cal
Seasoned Potato Wedges  	100 cal
Toasted English Muffin 	140 cal
Homemade Muesli 	210 cal
Whole Fruit  	40-80 cal

## COMBO #2 – RAVENS VEGAN BREAKFAST

Chickpea Scramble Wrap 	280 cal
Seasoned Potato Wedges  	100 cal
Roasted Mushrooms   	190 cal
Baked Beans  	200 cal
Fruit Salad  	60 cal
Whole Fruit  	40-80 cal

## COMBO #3 – RAVENS VEGETARIAN BREAKFAST

French Toast 	110 cal
Seasoned Potato Wedges  	100 cal
Hard Boiled Egg 	70 cal
Homemade Muesli 	210 cal
Fruit Salad  	60 cal
Whole Fruit  	40-80 cal

## COMBO #4 – RAVENS BREAKFAST SANDWICH

Turkey Bagel 	250 cal
Seasoned Potato Wedges  	100 cal
Yogurt	90 cal
Fruit Salad  	60 cal
Whole Fruit  	40-80 cal

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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.



# OASIS



W1-F-L

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

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## COMBO #1 - RAVEN'S LUNCH

Miso Glazed Baked Cod  50 cals

Roasted Broccoli with Bok Choy   60 cals


## COMBO #2 - CHEF'S FEATURE

Teriyaki Beef Stir Fry   190 cals

Steamed Noodles  80 cals

## COMBO #3 - VEGAN / VEGETARIAN

Herb Marinated Tofu   90 cals

Vegetable Pasta with Chickpeas  260 cals

## COMBO #4 - DELI

Chicken Quesadilla  230 cals

Nacho Chips  140 cals

Guacamole   90 cals

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## Salads

Asian Fusion Salad  120 cals

Market Greens   110 cals

## Desserts

Vanilla Buttercream Cake  310 cals

Blondie Bar   320 cals

## Soup

Italian Wedding  220 cals

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# OASIS

W1-F-D

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

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## COMBO #1 – RAVEN'S DINNER

Hamburger Steak 	230 cals
Sauteed Onions & Mashed Potatoes  	120 cals

## COMBO #2 – CHEF'S FEATURE

Baked Cannelloni	120 cals
Garlic Bread	170 cals

## COMBO #3 – VEGAN / VEGETARIAN

Sesame Tofu 	110 cals
Jasmine Rice  	130 cals
Bok Choy  	90 cals

## COMBO #4 – PIZZA

Chef's Feature	Chef's Feature
Chef's Feature Vegetarian	Chef's Feature

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### Salads

Asian Fusion Salad 	120 cals
Market Greens  	110 cals

### Desserts

Oreo Brownie 	310 cals
Blondie Bar  	320 cals

### Soup

Italian Wedding 	220 cals
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