

OASIS

W1-M-B

Please choose one breakfast meal option.

COMBO #1 – RAVEN'S BREAKFAST

Scrambled Eggs with Cheese 	150 cal
Ham 	20 cal
Home Fries with Peppers and Onions  	160 cal
Toasted English Muffin 	140 cal
Homemade Muesli 	210 cal
Whole Fruit  	40-80 cal

COMBO #2 – RAVENS VEGAN BREAKFAST

Southwest Tofu Scramble   	180 cal
Home Fries with Peppers and Onions  	160 cal
Mushrooms  	40 cal
Baked Beans  	200 cal
Fruit Salad  	60 cal
Whole Fruit  	40-80 cal

COMBO #3 – RAVENS VEGETARIAN BREAKFAST

Waffles 	370 cal
Home Fries with Peppers and Onions  	160 cal
Hard Boiled Egg 	70 cal
Homemade Muesli 	210 cal
Fruit Salad  	60 cal
Whole Fruit  	40-80 cal

COMBO #4 – RAVENS BREAKFAST SANDWICH

Ham & Egg'r Sandwich	160 cal
Home Fries with Peppers and Onions  	160 cal
Yogurt	90 cal
Fruit Salad  	60 cal
Whole Fruit  	40-80 cal

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-M-L

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

COMBO #1 - RAVEN'S LUNCH

Mediterranean Meatballs 	160 cal
Spanish Couscous 	120 cal
Grilled Vegetables  	70 cal

COMBO #2 - CHEF'S FEATURE

Fish & Chips	540 cal
Lemon Coleslaw 	120 cal

COMBO #3 - VEGAN / VEGETARIAN

Potato & Pea Curry  	140 cal
Basmati Rice  	110 cal
Naan 	50 cal
Charred Broccoli  	30 cal

COMBO #4 - DELI

Chicken Club Wrap	310 cal
Fries  	420 cal

Salads

Marinated Vegetables  	100 cal
Market Greens  	110 cal

Desserts

Bread Pudding 	90 cal
Salted Chocolate	140 cal
Cookies  	

Soup

Leek & Sweet Potato  	210 cal
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W1-M-D

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COMBO #1 – RAVEN'S DINNER

Baked Chicken Pasta 240 cals

COMBO #2 – CHEF'S FEATURE

Roast Pork Loin  100 cals

Yukon Gold Mash  120 cals

Green Beans   40 cals

COMBO #3 – VEGAN / VEGETARIAN

Vegetarian Quesadilla Chef's Feature

Mexican Rice   150 cals

Grilled Vegetables   70 cals

COMBO #4 – PIZZA

Chef's Feature Chef's Feature

Chef's Feature Vegetarian Chef's Feature

Salads

Marinated Vegetables   100 cals

Market Greens   110 cals

Desserts

Chocolate Brownie  280 cals

Salted Chocolate 140 cals

Cookies  

Soup

Leek & Sweet Potato   210 cals

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