

OASIS

W1-TH-B

Please choose one breakfast meal option.

COMBO #1 – RAVEN'S BREAKFAST

Scrambled Eggs with Cheese 	150 cal
Sausage Patty	150 cal
Country Style Diced Potatoes   	270 cal
Toasted English Muffin 	140 cal
Homemade Muesli 	210 cal
Whole Fruit  	40-80 cal

COMBO #2 – RAVENS VEGAN BREAKFAST

Tofu Breakfast Burrito 	290 cal
Country Style Diced Potatoes   	270 cal
Fresh Spinach  	20 cal
Baked Beans  	200 cal
Fruit Salad  	60 cal
Whole Fruit  	40-80 cal

COMBO #3 – RAVENS VEGETARIAN BREAKFAST

Waffles 	370 cal
Country Style Diced Potatoes   	270 cal
Hard Boiled Egg 	70 cal
Homemade Muesli 	210 cal
Fruit Salad  	60 cal
Whole Fruit  	40-80 cal

COMBO #4 – RAVENS BREAKFAST SANDWICH

Sausage & Egg'r	400 cal
Country Style Diced Potatoes   	270 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-TH-L

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

COMBO #1 – RAVEN'S LUNCH

Shawarma Chicken Salad 	170 cal
Pita Chips 	90 cal

COMBO #2 – CHEF'S FEATURE

Baked Pasta with Mushrooms & Peas	270 cal
Garlic Bread	170 cal

COMBO #3 – VEGAN / VEGETARIAN

General Tso's Tofu  	150 cal
Vegan Fried Rice  	140 cal
Broccoli  	30 cal

COMBO #4 – DELI

Reuben	220 cal
Kettle Chips  	240 cal
Dill Pickles  	90 cal

Salads

Broccoli Penne Pasta Salad 	240 cal
Market Greens  	110 cal

Desserts

Blueberry Bars 	390 cal
Banana Snickerdoodle  	140 cal

Soup

Beef Chili  	470 cal
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W1-TH-D

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

COMBO #1 – RAVEN'S DINNER

Pork Chops 	190 cal
Roasted Potatoes  	130 cal

COMBO #2 – CHEF'S FEATURE

Chicken & Rice Enchilada Bowl 	260 cal
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COMBO #3 – VEGAN / VEGETARIAN

Chana Masala  	220 cal
Brown Rice  	120 cal
Cauliflower  	90 cal

COMBO #4 – PIZZA

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

Salads

Broccoli Penne Pasta Salad 	240 cal
Market Greens  	110 cal

Desserts

Double Chocolate Chip Cookies 	120 cal
Banana Snickerdoodle  	140 cal

Soup

Beef Chili  	470 cal
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