

# OASIS

W1-TH-B

Please choose one breakfast meal option.

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## 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 – RAVEN'S 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 – RAVEN'S VEGETARIAN BREAKFAST SANDWICH

Chef's Feature Vegetarian Sandwich 	Chef's Feature
Country Style Diced Potatoes   	270 cal
Homemade Muesli 	210 cal
Fruit Salad  	60 cal
Whole Fruit  	40-80 cal

## COMBO #4 – RAVEN'S 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

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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-TH-L

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

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## 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

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## Salads

Broccoli Penne Pasta Salad 	320 cal
Market Greens  	15 cal

## Desserts

Blueberry Bars 	390 cal
Banana Snickerdoodle  	140 cal

## Soup

Beef Chili  	470 cal
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## 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

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### Salads

Broccoli Penne Pasta Salad 	320 cal
Market Greens  	15 cal

### Desserts

Double Chocolate Chip Cookies 	120 cal
Banana Snickerdoodle  	140 cal

### Soup

Beef Chili  	470 cal
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