OASIS

W1-T-B

Please choose one breakfast meal option.

COMBO #1 – RAVEN'S BREAKFAST

Scrambled Eggs with Cheese	150 cals
Turkey Sausage	40 cals
Seasoned Potato Wedges	100 cals
Toasted English Muffin	140 cals
Homemade Muesli	210 cals
Whole Fruit	40-80 cals

COMBO #2 – RAVENS VEGAN BREAKFAST

Chickpea Scramble Wrap	280 cals
Seasoned Potato Wedges	100 cals
Sauted Kale	20 cals
Baked Beans	200 cals
Fruit Salad	60 cals
Whole Fruit	40-80 cals

COMBO #3 – RAVENS VEGETARIAN BREAKFAST

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

COMBO #4 – RAVENS BREAKFAST SANDWICH

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

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-T-L

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

COMBO #1 – RAVEN'S LUNCH

BBQ Chicken	160 cals
Potato Wedges	180 cals
Roasted Brussels Sprouts	70 cals

COMBO #2 – CHEF'S FEATURE

Baked Penne Bolognese / Primavera	260 / 230 cals
Garlic Bread	170 cals
Caesar Salad	40 cals

COMBO #3 – VEGAN / VEGETARIAN

Vegan Shepherd's Pie	220 cals
Roasted Vegetables	170 cals

COMBO #4 – DELI

Rodney's Burger	500 cals
Fries	420 cals

Salads

Spinach, Corn & Quinoa Salad	190 cals
Market Greens	110 cals

Desserts

Carrot Cake	210 cals
Coffee Cake	150 cals

Soup

Cream of Mushroom	220 cals

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OASIS

W1-T-D

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

COMBO #1 – RAVEN'S DINNER

Grilled Sausage	190 cals
Perogies w/ Bacon, Sauteed Cabbage & Sour Cream	400 cals

COMBO #2 – CHEF'S FEATURE

Red Thai Chicken Curry	170 cals
Coconut Jasmine Rice	190 cals

COMBO #3 – VEGAN / VEGETARIAN

Red Lentil Dal	160 cals
Seasoned Pita Chips	400 cals
Jasmine Rice	100 cals
Spinach	15 cals

COMBO #4 – PIZZA

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

Salads

Spinach, Corn & Quinoa Salad	190 cals
Market Greens	110 cals

Desserts

Black Forest Cake	280 cals
Coffee Cake	150 cals

Soup

Cream of Mushroom	220 cals

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