Please choose one breakfast meal option.

**COMBO #1 – RAVEN'S BREAKFAST**
- Scrambled Eggs with Cheese
- Turkey Sausage
- Seasoned Potato Wedges
- Toasted English Muffin
- Homemade Muesli
- Whole Fruit

**COMBO #2 – RAVEN'S VEGAN BREAKFAST**
- Chickpea Scramble Wrap
- Seasoned Potato Wedges
- Sautéed Kale
- Baked Beans
- Fruit Salad
- Whole Fruit

**COMBO #3 – RAVEN'S VEGETARIAN BREAKFAST SANDWICH**
- Chef's Feature Vegetarian Sandwich
- Seasoned Potato Wedges
- Homemade Muesli
- Fruit Salad
- Whole Fruit

**COMBO #4 – RAVEN'S BREAKFAST SANDWICH**
- Turkey Bagel
- Seasoned Potato Wedges
- Yogurt
- Fruit Salad
- Whole Fruit

**Nutritional Information**:
- **COMBO #1**: 150 cals + 40 cals + 100 cals + 140 cals + 210 cals + 40-80 cals
- **COMBO #2**: 280 cals + 100 cals + 20 cals + 200 cals + 60 cals + 40-80 cals
- **COMBO #3**: Chef's Feature + 100 cals + 210 cals + 60 cals + 40-80 cals
- **COMBO #4**: 250 cals + 100 cals + 90 cals + 60 cals + 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.
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

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**Salads**
- Spinach, Corn & Quinoa Salad 🍌 280 cals
- Market Greens 🥗 15 cals

**Soup**
- Cream of Mushroom 🍈 220 cals

**Desserts**
- Carrot Cake 🍓 210 cals
- Coffee Cake 🍪 150 cals

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<table>
<thead>
<tr>
<th>COMBO #1 – RAVEN'S DINNER</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Grilled Sausage</td>
<td>190 cals</td>
</tr>
<tr>
<td>Perogies w/ Bacon, Sauteed Cabbage &amp; Sour Cream</td>
<td>400 cals</td>
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</tbody>
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<thead>
<tr>
<th>COMBO #2 – CHEF'S FEATURE</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Red Thai Chicken Curry</td>
<td>170 cals</td>
</tr>
<tr>
<td>Coconut Jasmine Rice</td>
<td>190 cals</td>
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</tbody>
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<thead>
<tr>
<th>COMBO #3 – VEGAN / VEGETARIAN</th>
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</thead>
<tbody>
<tr>
<td>Red Lentil Dal</td>
<td>160 cals</td>
</tr>
<tr>
<td>Seasoned Pita Chips</td>
<td>400 cals</td>
</tr>
<tr>
<td>Jasmine Rice</td>
<td>100 cals</td>
</tr>
<tr>
<td>Spinach</td>
<td>15 cals</td>
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<thead>
<tr>
<th>COMBO #4 – PIZZA</th>
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<tbody>
<tr>
<td>Chef's Feature</td>
<td>Chef's Feature</td>
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<tr>
<td>Chef's Feature Vegetarian</td>
<td>Chef's Feature</td>
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</tbody>
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<table>
<thead>
<tr>
<th>Salads</th>
<th>Soup</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Spinach, Corn &amp; Quinoa Salad</td>
<td>Cream of Mushroom</td>
<td>280 cals</td>
</tr>
<tr>
<td>Market Greens</td>
<td></td>
<td>15 cals</td>
</tr>
</tbody>
</table>

| Desserts       |  |
|----------------||--|
| Black Forest Cake | 280 cals |
| Coffee Cake     | 150 cals |

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