

# OASIS

W1-W-D

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

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## COMBO #1 – RAVEN'S DINNER

Roast Beef 	100 cal
Potatoes  	120 cal
Green Beans  	40 cal
Mustard Gravy 	15 cal

## COMBO #2 – CHEF'S FEATURE

Spaghetti & Meatballs	420 cal
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## COMBO #3 – VEGAN / VEGETARIAN

Poutine 	820 cal
Vegan Cheese Available 	Chef's Feature

## COMBO #4 – PIZZA




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

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### Salads

Kale & Brussels	110 cal
Sprouts Salad  	
Market Greens  	15 cal

### Desserts

Lemon Meringue Tart 	100 cal
Chocolate Ganache	160 cal
Cake  	

### Soup

Chicken Noodle  	140 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.