

OASIS

W2-M-B

Please choose one breakfast meal option.

COMBO #1 – RAVEN'S BREAKFAST

Scrambled Eggs with Cheese 	150 cal
Sausage Patty	150 cal
Home Fries with Peppers and Onions  	160 cal
Toasted English Muffin 	140 cal
Homemade Muesli 	210 cal
Whole Fruit  	40-80 cal

COMBO #2 – RAVENS VEGAN BREAKFAST

Southwest Tofu Scramble   	180 cal
Home Fries with Peppers and Onions  	160 cal
Mushrooms  	40 cal
Baked Beans  	200 cal
Fruit Salad  	60 cal
Whole Fruit  	40-80 cal

COMBO #3 – RAVENS VEGETARIAN BREAKFAST

French Toast 	110 cal
Home Fries with Peppers and Onions  	160 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 Sandwich	400 cal
Home Fries with Peppers and Onions  	160 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.

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W2-M-L

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

COMBO #1 - RAVEN'S LUNCH

Baked Penne Alfredo	380 cal
Garlic Bread	170 cal
Grilled Vegetables  	50 cal

COMBO #2 - CHEF'S FEATURE

Herb Grilled Chicken  	120 cal
Gazpacho Salad 	40 cal

COMBO #3 - VEGAN / VEGETARIAN

Butternut Tikka Masala  	110 cal
Basmati Rice  	110 cal

COMBO #4 - DELI

Chicken Club Wrap 	310 cal
Fries  	420 cal

Salads

Pasta Salad 	180 cal
Market Greens  	110 cal

Desserts

Rice Krispie Treats	90 cal
Salted Chocolate	140 cal
Cookies 	

Soup

Chicken Noodle  	140 cal
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OASIS

W2-M-D

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COMBO #1 – RAVEN'S DINNER

Roast Beef 	100 cals
Fries  	420 cals
Roasted Brussels Sprouts  	70 cals

COMBO #2 – CHEF'S FEATURE

Crispy Chicken Burger 	160 cals
Sweet Potato Fries  	470 cals
Slaw  	120 cals

COMBO #3 – VEGAN / VEGETARIAN

Poutine 	520 cals
Vegan Cheese 	Chef's Feature

COMBO #4 – PIZZA

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

Salads

Pasta Salad 	180 cals
Market Greens  	110 cals

Desserts

Chocolate Brownie 	280 cals
Salted Chocolate	140 cals
Cookies 	

Soup

Chicken Noodle  	140 cals
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