

Please choose one breakfast meal option.

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## COMBO #1 – RAVEN'S BREAKFAST

**740-780 cals**

Scrambled Eggs with Cheese 	150 cals
Bacon 	40 cals
Raven's Home Fried Potato Rounds  	260 cals
Toasted English Muffin 	140 cals
Homemade Muesli 	210 cals
Whole Fruit  	40-80 cals

## COMBO #2 – RAVENS VEGAN BREAKFAST

**620-660 cals**

Gochujang Tofu Scramble  	120 cals
Raven's Home Fried Potato Rounds  	160 cals
Roasted Zucchini  	40 cals
Baked Beans  	200 cals
Fruit Salad  	60 cals
Whole Fruit  	40-80 cals

## COMBO #3 – RAVENS VEGETARIAN BREAKFAST

**650-690 cals**

French Toast 	110 cals
Raven's Home Fried Potato Rounds  	160 cals
Hard Boiled Egg 	70 cals
Homemade Muesli 	210 cals
Fruit Salad  	60 cals
Whole Fruit  	40-80 cals

## COMBO #4 – RAVENS BREAKFAST SANDWICH

**690-730 cals**

Bacon & Egg Sandwich	340 cals
Raven's Home Fried Potato Rounds  	160 cals
Yogurt	90 cals
Fruit Salad  	60 cals
Whole Fruit  	40-80 cals

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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

W2-SUN-L

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

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## COMBO #1 – RAVEN'S LUNCH

Chicken Fajita Wrap 	290 cal
Mexican Rice  	150 cal
Refried Beans  	140 cal

## COMBO #2 – CHEF'S FEATURE

Pulled Pork Sandwich	300 cal
Coleslaw  	120 cal
Fries  	420 cal

## COMBO #3 – VEGAN / VEGETARIAN

Baked Orzo with Eggplant 	170 cal
Broccoli  	30 cal
Garlic Bread	170 cal

## COMBO #4 – DELI

Buffalo Cauliflower Wrap 	310 cal
Coleslaw  	120 cal
Fries  	420 cal

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### Soup

Chef's Feature

Chef's Feature

### Salads

Chef's Feature

Chef's Feature

### Desserts

Chef's Feature

Chef's Feature

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# OASIS

W2-SUN-D

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## COMBO #1 - RAVEN'S DINNER

Roast Turkey 🌾	100 cal
Parsley Potatoes & Roasted	100 cal
Vegetables 🌿 🌾	

## COMBO #2 - CHEF'S FEATURE

Beef & Broccoli Stir Fry 🍲	180 cal
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## COMBO #3 - VEGAN / VEGETARIAN

Tomato Tortellini 🍝	320 cal
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## COMBO #4 - PIZZA

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

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### Soup

Chef's Feature

Chef's Feature

### Salads

Chef's Feature

Chef's Feature

### Desserts

Chef's Feature

Chef's Feature

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