

Please choose one breakfast meal option.

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## COMBO #1 – RAVEN'S BREAKFAST

Scrambled Eggs with Cheese 	150 cal
Ham 	20 cal
Seasoned Potato Wedges  	100 cal
Toasted English Muffin 	140 cal
Homemade Muesli 	210 cal
Whole Fruit  	40-80 cal

## COMBO #2 – RAVENS VEGAN BREAKFAST

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

## COMBO #3 – RAVENS VEGETARIAN BREAKFAST

Waffles 	370 cal
Seasoned Potato Wedges  	100 cal
Hard Boiled Egg 	70 cal
Homemade Muesli 	210 cal
Fruit Salad  	60 cal
Whole Fruit  	40-80 cal

## COMBO #4 – RAVENS BREAKFAST SANDWICH

Ham & Egg Sandwich	260 cal
Seasoned Potato Wedges  	100 cal
Yogurt	90 cal
Fruit Salad  	60 cal
Whole Fruit  	40-80 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.

# OASIS

W2-T-L

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

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## COMBO #1 – RAVEN'S LUNCH

Teriyaki Beef Stir Fry   190 cals

Steamed Noodles  170 cals

## COMBO #2 – CHEF'S FEATURE

Chicken Pot Pie  750 cals

Roasted Potatoes   130 cals

## COMBO #3 – VEGAN / VEGETARIAN

Vegan Lasagna  180 cals

Vegan Caesar Salad  30 cals

## COMBO #4 – DELI

Rodney's Burger 500 cals

Fries   420 cals

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### Salads

Couscous Tabouleh  160 cals

Market Greens   110 cals

### Desserts

Strawberry Cake  350 cals

Coffee Cake   150 cals

### Soup

Curry Cauliflower   80 cals

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# OASIS

W2-T-D

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## COMBO #1 – RAVEN'S DINNER

Baked Rotini with Italian Sausage & Peppers	300 cal
Broccoli  	30 cal

## COMBO #2 – CHEF'S FEATURE

Chicken Satay Rice Bowl  	200 cal
Coconut Jasmine Rice  	190 cal

## COMBO #3 – VEGAN / VEGETARIAN

Egg Rolls 	150 cal
Spicy Vermicelli Stir Fry  	90 cal

## COMBO #4 – PIZZA

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

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### Salads

Couscous Tabouleh 	160 cal
Market Greens  	110 cal

### Desserts

Chocolate Cream Pie	300 cal
Coffee Cake  	150 cal

### Soup

Curry Cauliflower  	80 cal
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