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.

COMBO #1 – RAVEN'S BREAKFAST
- Scrambled Eggs with Cheese 150 cals
- Turkey Sausage 40 cals
- Raven's Home Fried Potato Rounds 160 cals
- Toasted English Muffin 140 cals
- Homemade Muesli 210 cals
- Whole Fruit 40–80 cals

COMBO #2 – RAVEN'S VEGAN BREAKFAST
- Gochujang Tofu Breakfast Burrito 120 cals
- Raven's Home Fried Potato Rounds 160 cals
- Roasted Tomatoes 10 cals
- Baked Beans 200 cals
- Fruit Salad 60 cals
- Whole Fruit 40–80 cals

COMBO #3 – RAVEN'S VEGETARIAN BREAKFAST SANDWICH
- Chef's Feature Vegetarian Sandwich 160 cals
- Raven's Home Fried Potato Rounds 210 cals
- Homemade Muesli 60 cals
- Fruit Salad 40–80 cals
- Whole Fruit 40–80 cals

COMBO #4 – RAVEN'S BREAKFAST SANDWICH
- Bacon, Egg & Cheese Burrito 290 cals
- Raven's Home Fried Potato Rounds 160 cals
- Yogurt 90 cals
- Fruit Salad 60 cals
- Whole Fruit 40–80 cals
Combos include choice of one soup or salad, one dessert or fruit, & one beverage.

**COMBO #1 – RAVEN'S LUNCH**
- Butter Chicken 🍗 140 cals
- Basmati Rice 🍚 110 cals
- Naan 🍦 210 cals
- Yogurt Sauce 🍨 30 cals

**COMBO #2 – CHEF'S FEATURE**
- Fish & Chips 🍹 540 cals
- Lemon Coleslaw 🍟 120 cals

**COMBO #3 – VEGAN / VEGETARIAN**
- Mushroom Burrito 🍩 390 cals
- Nacho Chips & Guacamole 🍛 190 cals

**COMBO #4 – DELI**
- Italian Sub 🍦 280 cals
- Caesar Salad 🍟 40 cals

**Salads**
- Greek Pasta Salad 🍪 350 cals
- Market Greens 🍒 15 cals

**Desserts**
- Ginger Krinkle Cookie 🍪 140 cals
- Chocolate Ganache Cake 🍪 160 cals

**Soup**
- Beef Chili 🍷 110 cals

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

**COMBO #1 – RAVEN’S DINNER**
- BBQ Chicken  
- Potatoes Wedges
- Braised Cabbage

160 cals  
130 cals  
110 cals

**COMBO #2 – CHEF’S FEATURE**
- Potsticker Salad

140 cals

**COMBO #3 – VEGAN / VEGETARIAN**
- Cheese Cannelloni
- Vegan Caesar Salad

240 cals  
30 cals

**COMBO #4 – PIZZA**
- Chef’s Feature
- Chef’s Feature Vegetarian

Chef's Feature  
Chef's Feature

**Salads**
- Greek Pasta Salad
- Market Greens

350 cals  
15 cals

**Soup**
- Beef Chili

110 cals

**Desserts**
- Maple Butter Tarts
- Chocolate Ganache Cake

130 cals  
160 cals

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