

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

COMBO #1 – RAVEN'S DINNER

270–670 cals

Roast Beef	 	100 cals
Mashed Potatoes	 	120 cals
Seasonal Vegetables	 	50 cals

COMBO #2 – CHEF'S FEATURE

340–740 cals

Malibu Burger		340 cals
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COMBO #3 – GLOBAL

380–780 cals

Chicken Pad Thai		380 cals
Tofu Pad Thai		380 cals

COMBO #4 – VEGAN

400–800 cals

Seared Tempeh Steak	 	150 cals
Mushroom Barley Risotto		140 cals
BBQ Braised Cabbage	  	110 cals

COMBO #5 – DELI

200–1020 cals

Tuna Salad Melt on a Baguette		200 cals
Choice of:		
Sunflower Pesto Potato Salad	 	190 cals
Fries	 	420 cals

Soups

Chicken & Brown Rice	100 cals
Soup	 
Smoky Turnip Bisque	  

Salads

Mixed Greens	 	110 cals
Sunflower Pesto Potato Salad	 	190 cals

Desserts

Chocolate Ganache Cake	 	160 cals
Apple Pie	 	210 cals

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.