

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

COMBO #1 – RAVEN'S LUNCH

200–700 cals

Cajun Seasoned Baked Cod 

80 cals

Spanish Couscous 

120 cals

COMBO #2 – CHEF'S FEATURE

820–1320 cals

Chili Dog

400 cals

Fries  

420 cals

COMBO #3 – GLOBAL

120–640 cals

Chicken Taco Salad 

120 cals

Tofu Taco Salad  

140 cals

COMBO #4 – VEGAN

370–870 cals

Buffalo Cauliflower Bites 

90 cals

Basmati Rice  

80 cals

Spicy Mango Tofu Stir Fry  

200 cals

COMBO #5 – DELI

200–1120 cals

Tuna Salad Melt on a Baguette 

200 cals

Choice of:

Sunflower Pesto Potato Salad  

190 cals

Fries  

420 cals

Soups

Chicken & Brown Rice Soup   100 cals

Smoky Turnip Bisque    180 cals

Salads

Mixed Greens   110 cals

Sunflower Pesto Potato Salad   190 cals

Desserts

Blondies  310 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.