### Monday, November 5, 2018

**BREAKFAST**
- Sensible Selection Breakfast: Egg White and Veggies on Whole Wheat English Muffin: $2.39

**ALL DAY**
- Salad Bar: Tabouleh Composed Salad: $0.47/oz
- Soup of the Day: Garden Vegetable: $2.89/$3.80/$4.89

**LUNCH**
- So Deli: Roast Beef and Cheddar with Arugula
- Create: Earth Bowl with Grilled Salmon
- Superfoods Entrée: Lentil Pecan Stuffed Portobello Mushrooms

**DINNER**
- Live Grill: Angus Burger Grilled to Order
- Entrée: Turkey Meatloaf

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### Tuesday, November 6, 2018

**BREAKFAST**
- Sensible Selection Breakfast: Egg White and Veggies on Whole Wheat English Muffin: $2.39

**ALL DAY**
- Sensible Selection Salad: Tomato-Basil Wheat Berry Bean Composed Salad: $0.47/oz
- Soup of the Day: Tomato Basil Bisque: $2.89/$3.80/$4.89

**LUNCH**
- So Deli: Classic Caprese
- Create: Pho
- Fit Entrée: Roasted Loin of Pork
- Grill: Grilled Bacon, Brie, Chicken

**DINNER**
- Live Grill: Angus Burger
- Entrée: Carved Sage Turkey

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### Wednesday, November 7, 2018

**BREAKFAST**
- Sensible Selection Breakfast: Egg White and Veggies on Whole Wheat English Muffin: $2.39

**ALL DAY**
- Sensible Selection Salad: Crispy Baked Tofu: $0.47/oz
- Soup of the Day: Chicken Noodle: $2.89 / $3.80 / $4.89

**LUNCH**
- So Deli: Turkey Cheddar Club
- Superfoods Create: Chipotle Turkey and Mushroom Sliders
- Entrée: Wing Wednesday at Balance Kitchen
- Better-For-You Grill: Black Bean and Brown Rice Veggie Patty

**DINNER**
- Live Grill: Grilled Fish of the Day Made to Order
- Entrée: Baked Potato Bar

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### Thursday, November 8, 2018

**BREAKFAST**
- Sensible Selection Breakfast: Egg White and Veggies on Whole Wheat English Muffin: $2.39

**ALL DAY**
- Sensible Selection Salad: House Made Basil-Spinach Vinagrette: $0.47/oz
- Soup of the Day: Pasta Fagoli: $2.89 / $3.80 / $4.89

**LUNCH**
- Deli: Sage Roasted Carved Turkey Sandwich
- Superfoods Create: Chicken Barley Mushroom Stew
- Better-For-You Grill: Black Bean and Brown Rice Veggie Patty
- Create: Taco Salad Supreme

**DINNER**
- Live Grill: Chicken Breast Grilled to Order
- Create: Masala

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### Friday, November 9, 2018

**BREAKFAST**
- Sensible Selection Breakfast: Egg White and Veggies on Whole Wheat English Muffin: $2.39

**ALL DAY**
- Sensible Selection Salad: Marinated Mushrooms Composed Salad: $0.47/oz
- Soup of the Day: Tomato Basil: $2.89 / $3.80 / $4.89

**LUNCH**
- Deli Carvery: Sage Roasted Turkey
- Create: Bahn Mi
- Entrée: Fish Market Friday at Balance Kitchen
- Super 96 Half Sandwich and Small Soup

**DINNER**
- Live Grill: Grilled Shrimp Caesar Salad to Order
- Create: Masala

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weekday hours: 6:30am-8:00pm, Monday-Friday
weekend hours: 8:00am-6:00pm, Saturday & Sunday