



# Dinner Menu



## Sunday

### Grill Works

Korean Chicken  
Teriyaki Sandwich  
(DF)

754 Cal, Ea.

French Fries (GF)(VG)

110 Cal, 3oz

### Pizza/Al Dente's

Beef & Black Olive  
Pizza

405 Cal, Slice

Cheese Pizza

297.3 Cal, Slice

### Comfort Zone

Rotisserie Chicken  
Legs

(GF)(DF)

399 Calories

Seasoned Brown Rice

(GF)(V) 117 Cal, 4 oz

Roasted Brussels

Sprouts (GF)(VG)(BW)

137.9 Cal, 4oz

### Herbs Garden

Roasted Tofu and  
Spaghetti Squash

(GF)(VG)(BW)

419.5 Cal, 4oz

## Monday

### Grill Works

Cheddar Ranch Bacon

Turkey Sliders

282 Cal, 2 Each

Sun Chips

150 Cal, 1oz

### Pizza/Al Dente's

Cheeseburger Pizza

455.4 Cal, Slice

Cheese Pizza

297.3 Cal, Slice

### Comfort Zone

Chicken Scampi (GF)

211.7 Cal, 4oz

Linguini

236 Cal, 4oz

Winter Blend

(GF)(VG)(BW)

40 Cal, 6oz

### Herbs Garden

Spring Rolls

(GF)(VG)(BW)

243 Cal, 4oz

### Showthyme

Nacho Bar

(GF)(BW)(VG)

1189.1 Cal

## Tuesday

### Grill Works

Grilled Cheese

440 Calories

Tomato Bisque (GF)

74 Cal, 8oz

### Pizza/Al Dente's

Fettuccini Alfredo

238.1 Cal, 4oz

### Comfort Zone

Smothered Pork Chops

427 Cal, 3 Ea.

Cheesy Potatoes (GF)

116 Cal, 4oz

Broccoli

(GF)(VG)(BW)

30 Cal, 8oz

### Herbs Garden

Thai Rice Noodles w/  
Broccoli, Asparagus, &  
Mushrooms (GF)(VG)

285.6 Cal, Ea.

With all options

### Showthyme

Chicken Cordon Bleu

Wrap

(GF)(DF)

1214.1 Cal, Ea.

With all options

## Wednesday



## Thursday



Happy  
Thanksgiving

## Friday



## Saturday

