

Monday
October 7, 2024

WYNEE'S BISTRO MENU



PARTNERED WITH



**MONDAY BREAKFAST
ACTION STATION
OMELETTES
TO ORDER**



Breakfast only



PORTABELLOS BREAKFAST

Scrambled Eggs-GF	ENTRÉE OR SIDE
Cal 82/Fat 5.6g/Carb 0g/Protein 7g	
Chicken & White Cheddar Croissant	ENTRÉE
Cal 445/Fat 25g/Carb 34g/Protein 21g	
Biscuits & Sausage Gravy	ENTRÉE OR SIDE
Cal 221.3/Fat 7.3g/Carb 34.5g/Protein 5.8g	
Oatmeal-V	ENTRÉE OR SIDE
Cal 221.3/Fat 7.3g/Carb 34.5g/Protein 5.8g	
Spinach, Mushroom, Tofu Scramble-V	ENTRÉE
Cal 323/Fat 9g/Carb 35g/Protein 23g	
Smoked Sausage-GF	SIDE
Cal 320/Fat 22g/Carb 5g/Protein 27g	
Breakfast Potatoes-GF/V	SIDE
Cal 110/Fat 3g/Carb 19g/Protein 2g	
Hard Boiled Eggs-GF	SIDE
Cal 70/Fat 5g/Carb 0g/Protein 6g	
Cheese Grits-GF	SIDE
Cal 216.3/Fat 9g/Carb 24.4g/Protein 9.1g	
Vegan "Chicken" Tender-V	SIDE
Cal 230/Fat 10g/Carb 19g/Protein 15g	

Wright At Home

LUNCH

Open-Faced Turkey Sandwich	ENTRÉE
Cal 253.8/Fat 4.6g/Carb 35.4g/Protein 17.9g	
Veal Parmesan	ENTRÉE
Cal 260.2/Fat 12g/Carb 16g/Protein 17g	
Chicken, Bacon, Ranch Pasta Casserole	ENTRÉE
Cal 370/Fat 12g/Carb 44g/Protein 21.4g	
Mashed Potatoes-GF	SIDE
Cal 91.1/Fat 1.9g/Carb 16.9g/Protein 2g	
Garlic Orzo-V	SIDE
Cal 104.5/Fat 6.5g/Carb 22.5g/Protein 1.5g	
Key West Vegetable Blend-GF/V	SIDE
Cal 30/Fat 0g/Carb 6g/Protein 1g	

DINNER

Chicken Fried Chicken	ENTRÉE
Cal 321/Fat 16g/Carb 30g/Protein 14	
Beef Brisket-GF	ENTRÉE
Cal 254/Fat 8.6g/Carb 10.8g/Protein 24.1g	
Green Bean Casserole	SIDE
Cal 273.5/Fat 18.6g/Carb 21.5g/Protein 4.5g	
Cape Cod Vegetable Blend-GF/V	SIDE
Cal 35/Fat 0g/Carb 8g/Protein 1g	
Mashed Potatoes-GF	SIDE
Cal 201/Fat 12.3g/Carb 18.8g/Protein 3g	

Super Bowls LUNCH/DINNER
BASES

White Rice-GF/V

Cal 140/Fat 0g/Carb 25g/Protein 4g

Brown Rice-GF/V

Cal 166/Fat .8g/Carb 26g/Protein 5g

Riced Cauliflower-GF/V

Cal 27/Fat 0g/Carb 5g/Protein 2g

Broccoli-GF/V

Cal 25.8/Fat 0g/Carb 5.2g/Protein 2.6g

Black Beans-GF/V

Cal 104/Fat 0.3g/Carb 18.9g/Protein 6.9g

Green Beans-GF/V

Cal 33/Fat 0g/Carb 5.3g/Protein 1.3g

Golden Spiced Chickpea-GF/V

Cal 130/Fat 5g/Carb 14g/Protein 6g

Maple Sweet Potatoes-GF/V

Cal 150/Fat 7g/Carb 23g/Protein 1g

PROTEINS

Roasted Chicken-GF

Cal 142/Fat 3.1g/Carb 0g/Protein 27g

BBQ Chicken-GF

Cal 202/Fat 3.1g/Carb 16g/Protein 27g

Steak Tips-GF

Cal 238/Fat 12.5g/Carb 0g/Protein 29.3g

Grilled Salmon-GF

Cal 234/Fat 14g/Carb 0g/Protein 25g

Caprese Tofu-GF/V

Cal 206/Fat 12.3g/Carb 6g/Protein 22g

STIR FRY STATION LUNCH/DINNER

Grilled Shrimp-GF

Cal 146/Fat 4.8g/Carb 1.4g/Protein 23.1g

Jasmine Rice-GF/V

Cal 196/Fat 1.8g/Carb 42.8g/Protein 3.6g

Lo Mein Noodle-V

Cal 270/Fat 3.1g/Carb 52g/Protein 11g

Asian Vegetable Blend-GF/V

Cal 60/Fat 0g/Carb 10g/Protein 2g

Cabbage Slaw-GF/V

Cal 27/Fat .14g/Carb 6.3g/Protein 1.6g

PORTABELLOS LUNCH/DINNER

Cheese Flatbread

ENTRÉE OR SIDE

Cal 430/Fat 24g/Carb 29g/Protein 21g

Flatbread of the Day

ENTRÉE OR SIDE

White Pasta

ENTRÉE OR SIDE

Cal 224/Fat 1.8g/Carb 42.64g/Protein 8.8g

Wheat Pasta

ENTRÉE OR SIDE

Cal 255/Fat 1.9g/Carb 46.7g/Protein 9.1g

Marinara Sauce

Cal 34.5/Fat 1.2g/Carb 4.7g/Protein 1g

Alfredo Sauce

Cal 115.2/Fat 7.7g/Carb 6.2g/Protein 4g

VEGAN/VEGETARIAN-LUNCH

Vegan "Chicken" Sandwich-V

ENTRÉE OR SIDE

Cal 390/Fat 9g/Carb 46g/Protein 18g

VEGAN/VEGETARIAN-DINNER

Cajun Black Bean & Brown Rice-GF/V

ENTRÉE OR SIDE

Cal 202/Fat 2.7g/Carb 38.2g/Protein 7.3g

***Unless specifically a "side" item, all nutritionals given are for entrée portions**

Hours of Operation

Breakfast: 7:00am to 11:00 am

Lunch: 11:00am to 2:00pm

Dinner: 4:30pm to 8:00pm

Tuesday
October 8, 2024

WYNEE'S BISTRO MENU



PARTNERED WITH
 GUEST SERVICES™

Tuesday SPECIAL




TACO TUESDAY

at **Super Bowls**
Lunch & Dinner

Tuesday LUNCH SPECIAL

DINO NUGGETS




PORTABELLOS BREAKFAST

- Scrambled Eggs-GF** ENTRÉE OR SIDE
Cal 82/Fat 5.6g/Carb 0g/Protein 7g
- Bacon, Egg & Cheese Croissant** ENTRÉE
Cal 370/Fat 21g/Carb 28.8g/Protein 16.5g
- Biscuits & Sausage Gravy** ENTRÉE OR SIDE
Cal 221.3/Fat 7.3g/Carb 34.5g/Protein 5.8g
- Oatmeal-V** ENTRÉE OR SIDE
Cal 221.3/Fat 7.3g/Carb 34.5g/Protein 5.8g

- Vegan Biscuit Breakfast Sandwich-V** ENTRÉE
Cal 290/Fat 11g/Carb 33g/Protein 13g
- Bacon-GF** SIDE
Cal 80/Fat 6g/Carb 0g/Protein 6g
- Red Skin Potatoes-GF/V** SIDE
Cal 133/Fat 0.2g/Carb 29.5g/Protein 3.5g
- Hard Boiled Eggs-GF** SIDE
Cal 70/Fat 5g/Carb 0g/Protein 6g
- Corned Beef Hash-GF** SIDE
Cal 184/Fat 11.6g/Carb 10.5g/Protein 9.9g
- Poached Egg-GF** SIDE
Cal 75/Fat 5g/Carb 0.5g/Protein 7g

Wright At Home

- Italian Grilled Sandwich (Salami/Ham/Cheese)** ENTRÉE
Cal 340/Fat 14.6g/Carb 35g/Protein 14g
- Dino Nuggets** ENTRÉE
Cal 297.5/Fat 15.8g/Carb 24.5g/Protein 14g
- Beef Noodle Casserole** ENTRÉE or SIDE
Cal 331/Fat 17g/Carb 23g/Protein 22g
- Fries-GF/V** SIDE
Cal 140/Fat 3.6g/Carb 22g/Protein 2g
- Corn-GF/V** SIDE
Cal 67.5/Fat 2.2g/Carb 12.2g/Protein 2.1g
- Broccoli-GF/V** SIDE
Cal 25.8/Fat 0g/Carb 5.2g/Protein 2.6g

DINNER

- Baked Ham with Raisin Sauce-GF** ENTRÉE
Cal 177/Fat 6.4g/Carb 1.4g/Protein 28.5g
- Chicken Francese** ENTRÉE
Cal 265/Fat 14.3g/Carb 7.5g/Protein 23g
- Au Gratin Potato** SIDE
Cal 142/Fat 0.2g/Carb 32.7g/Protein 3.2g
- Rice Pilaf-GF/V** SIDE
Cal 323/Fat 19g/Carb 28g/Protein 12g
- Peas and Mushrooms-GF/V** SIDE
Cal 55/Fat 0.5g/Carb 8g/Protein 4g
- Garlic Brussel Sprouts-GF/V** SIDE
Cal 174/Fat 12g/Carb 9g/Protein 6g

TACO TUESDAY @ Super Bowls LUNCH/DINNER

Ground Beef Soft Shell Taco	ENTRÉE OR SIDE
Cal 720/Fat 36g/Carb 66g/Protein 33g	
Ground Beef Hard Shell Taco-GF	ENTRÉE OR SIDE
Cal 630/Fat 36g/Carb 48g/Protein 33g	
Ground Chicken Soft Shell Taco	ENTRÉE OR SIDE
Cal 600/Fat 24g/Carb 51g/Protein 25g	
Ground Chicken Hard Shell Taco-GF	ENTRÉE OR SIDE
Cal 450/Fat 24g/Carb 48g/Protein 25g	
Vegan "Meat" Soft Shell Taco-V	ENTRÉE OR SIDE
Cal 577/Fat 14.5g/Carb 55g/Protein 18g	
Vegan "Meat" Hard Shell Taco-GF/V	ENTRÉE OR SIDE
Cal 270/Fat 13g/Carb 45g/Protein 18g	
Black Beans-GF/V	SIDE
Cal 104/Fat 0.3g/Carb 18.9g/Protein 6.9g	
Mexican Rice-GF/V	SIDE
Cal 136.9/Fat 6g/Carb 18.2g/Protein 2.3g	
Plantains-GF/V	SIDE
Cal 140/Fat .4g/Carb 36.2g/Protein 1.5g	
Cheese Sauce	
Cal 80/Fat 6g/Carb 6g/Protein 1g	

STIR FRY STATION LUNCH/DINNER

Stir Fry Rice-GF	
Cal 300/Fat 12g/Carb 45g/Protein 5g	
Beef	
Cal 238/Fat 12.5g/Carb 0g/Protein 29.3g	

PORTABELLOS LUNCH/DINNER

Cheese Flatbread	ENTRÉE OR SIDE
Cal 430/Fat 21g/Carb 29g/Protein 21g	
Flatbread of the Day	ENTRÉE OR SIDE
White Pasta	ENTRÉE OR SIDE
Cal 224/Fat 1.8g/Carb 42.6.4g/Protein 8.8g	
Wheat Pasta	ENTRÉE OR SIDE
Cal 255/Fat 1.9g/Carb 46.7g/Protein 9.1g	
Marinara Sauce	
Cal 34.5/Fat 1.2g/Carb 4.7g/Protein 1g	
Alfredo Sauce	
Cal 115.2/Fat 7.7g/Carb 6.2g/Protein 4g	

VEGAN/VEGETARIAN-LUNCH

Vegan Maple Butternut Squash & Apple Casserole-V	ENTRÉE OR SIDE
Cal 238/Fat 6.3g/Carb 47.2g/Protein 2.8g	

VEGAN/VEGETARIAN-DINNER

Spaghetti Squash with Roasted Veggies-GF/V	ENTRÉE OR SIDE
Cal 197/Fat 11g/Carb 26g/Protein 4g	

*Unless specifically a "side" item, all nutritionals given are for entrée portions

Hours of Operation

Breakfast: 7:00am to 11:00 am
Lunch: 11:00am to 2:00pm
Dinner: 4:30pm to 8:00pm

Wednesday
October 9, 2024

WYNEE'S BISTRO MENU



PARTNERED WITH



WEDNESDAY SPECIAL
MAC N CHEESE
BAR
at *PORTABELLOS*



PORTABELLOS BREAKFAST

Scrambled Eggs-GF	ENTRÉE OR SIDE
Cal 82/Fat 5.6g/Carb 0g/Protein 7g	
Steak Bagel	ENTRÉE
Cal 670/Fat 35g/Carb 53g/Protein 33g	
Biscuits & Sausage Gravy	ENTRÉE OR SIDE
Cal 221.3/Fat 7.3g/Carb 34.5g/Protein 5.8g	
Oatmeal-V	ENTRÉE OR SIDE
Cal 221.3/Fat 7.3g/Carb 34.5g/Protein 5.8g	

Vegan "Chicken" Biscuit-V	ENTRÉE
Cal 400/Fat 16g/Carb 44g/Protein 18.4g	
Turkey Sausage Patty -GF	SIDE
Cal 164/Fat 12.6g/Carb 1.1g/Protein 10.8g	
Hard Boiled Eggs-GF	SIDE
Cal 70/Fat 5g/Carb 0g/Protein 6g	
Tator Tots-GF/V	SIDE
Cal 160/Fat 8g/Carb 19g/Protein 2g	
Cheese Grits	SIDE
Cal 216.3/Fat 9g/Carb 24.4g/Protein 9.1g	
Vegan "Sausage" Patty-GF/V	SIDE
Cal 140/Fat 5g/Carb 8g/Protein 18g	

Wright At Home

LUNCH

Fish Sandwich	ENTRÉE
Cal 207.5/Fat 7.3g/Carb 34g/Protein 13.8g	
BBQ Chicken-GF	ENTRÉE
Cal 145/Fat 4.2g/Carb 10g/Protein 15g	
Waffle Fries-GF/V	SIDE
Cal 153/Fat 7.2g/Carb 20.4g/Protein 1.7g	
Oregon Bean Blend-GF/V	SIDE
Cal 60/Fat 0g/Carb 10g/Protein 3g	
Steamed Zucchini & Summer Squash-GF/V	SIDE
Cal 30/Fat 0g/Carb 3.8g/Protein 1.4g	

DINNER

Pot Roast-GF	ENTRÉE
Cal 301.2/Fat 8.5g/Carb 33.5g/Protein 24.1g	
Catch of the Day	ENTRÉE
Cal 116/Fat 4g/Carb 18g/Protein 2g	
Oven Roast Potatoes-GF/V	SIDE
Cal 116/Fat 4g/Carb 18g/Protein 2g	
Cape Cod Vegetable Blend-GF/V	SIDE
Cal 35/Fat 0g/Carb 8g/Protein 1g	
Pasta & Sauce	SIDE
Cal 129.5/Fat 1g/Carb 23.3g/Protein 4.8g	
Cauliflower-GF/V	SIDE
Cal 28/Fat 0g/Carb 6g/Protein 2.4g	

Super Bowls LUNCH/DINNER

BASES

White Rice-GF/V
Cal 170/Fat 0g/Carb 13g/Protein 4g
Brown Rice-GF/V
Cal 166/Fat 0.8g/Carb 26g/Protein 5g

Rice Cauliflower-GF/V

Cal 27/Fat 0g/Carb 5g/Protein 2g

Broccoli-GF/V

Cal 25.8/Fat 0g/Carb 5.2g/Protein 2.6g

Black Beans-GF/V

Cal 104/Fat 0.3g/Carb 18.9g/Protein 6.9g

Green Beans-GF/V

Cal 33/Fat 0g/Carb 5.3g/Protein 1.3g

Golden Spiced Chickpeas-GF/V

Cal 130/Fat 5g/Carb 14g/Protein 6g

Maple Sweet Potatoes-GF/V

Cal 150/Fat 7g/Carb 23g/Protein 1g

PROTEINS

Roasted Chicken-GF

Cal 142/Fat 3.1g/Carb 0g/Protein 27g

BBQ Chicken-GF

Cal 202/Fat 3.1g/Carb 16g/Protein 27g

Steak Tips-GF

Cal 238/Fat 12.5g/Carb 0g/Protein 29.3g

Grilled Salmon-GF

Cal 234/Fat 14g/Carb 0g/Protein 25g

Caprese Tofu-GF/V

Cal 206/Fat 12.3g/Carb 6g/Protein 22g

STIR FRY STATION LUNCH/DINNER

Pork Stir Fry-GF

Cal 329.9/Fat 17.2g/Carb 12.8g/Protein 27.8g

Jasmine Rice-GF/V

Cal 196/Fat 1.8g/Carb 42.8g/Protein 3.6g

Lo Mein Noodle-V

Cal 270/Fat 3.1g/Carb 52g/Protein 11g

Asian Vegetable Blend-GF/V

Cal 60/Fat 0g/Carb 10g/Protein 2g

Cabbage Slaw-GF/V

Cal 27/Fat .14g/Carb 6.3g/Protein 1.6g

MAC N CHEESE BAR @ PORTABELLOS- Lunch/Dinner

Choice of Protein: Sausage, Ham, Chicken

Choice of Toppings: Broccoli, Mushrooms, Peppers, Onions

Choice of Sauce: Cheese Sauce or Alfredo Sauce

VEGAN/VEGETARIAN-LUNCH

Crispy Chickpea Spaghetti-V

ENTRÉE OR SIDE

Cal 285/Fat 5.25g/Carb 48g/Protein 21g

VEGAN/VEGETARIAN-DINNER

"Chicken" Stir Fry-V

ENTRÉE OR SIDE

Cal 182.5/Fat 3g/Carb 13.8g/Protein 21.7g

*Unless specifically a "side" item, all nutritional given are for entrée portions

Hours of Operation

Breakfast: 7:00am to 11:00 am

Lunch: 11:00am to 2:00pm

Dinner: 4:30pm to 8:00pm

Thursday
October 10, 2024

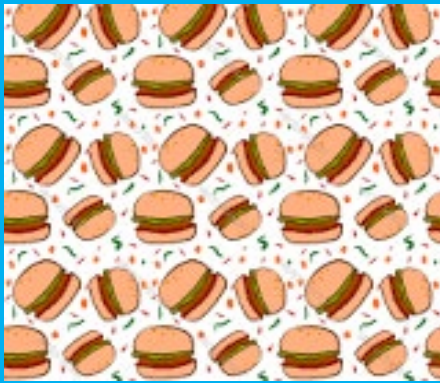
WYNEE'S BISTRO MENU

FLORIDA
SOUTHERN
COLLEGE

PARTNERED WITH



THURSDAY SPECIAL
BURGER BAR
at SuperBowls



PORTABELLOS BREAKFAST

Scrambled Eggs-GF ENTRÉE OR SIDE

Cal 82/Fat 5.6g/Carb 0g/Protein 7g

Sausage, Egg & Cheese Croissant ENTRÉE

Cal 350/Fat 21g/Carb 27g/Protein 14g

Biscuits & Sausage Gravy ENTRÉE OR SIDE

Cal 221.3/Fat 7.3g/Carb 34.5g/Protein 5.8g

Oatmeal-V ENTRÉE OR SIDE

Cal 221.3/Fat 7.3g/Carb 34.5g/Protein 5.8g

VEGAN Rice Bowl-GF/V ENTRÉE

Cal 203/Fat 5g/Carb 35g/Protein 6g

Maple Link Sausage-GF SIDE

Cal 170/Fat 13g/Carb 2g/Protein 12g

Breakfast Potatoes-GF/V SIDE

Cal 110/Fat 3g/Carb 19g/Protein 2g

Hard Boiled Eggs-GF SIDE

Cal 70/Fat 5g/Carb 0g/Protein 6g

Vegan "Chicken" Tender-V SIDE

Cal 220/Fat 13g/Carb 11g/Protein 15g

Wright At Home

LUNCH

Grilled Chicken Cordon Bleu Sandwich ENTRÉE

Cal 425/Fat 15g/Carb 32/Protein 27g

Butter Crusted Cod ENTRÉE

Cal 190/Fat 6.1g/Carb 0.7g/Protein 20.1g

Beefaroni ENTRÉE

Cal 200/Fat 7g/Carb 27g/Protein 6g

Steak Fries- GF/V SIDE

Cal 137.5/Fat 6.5g/Carb 18g/Protein 1.7g

Corn Nuggets SIDE

Cal 230/Fat 11.4g/Carb 28g/Protein 5g

Spinach-GF/V SIDE

Cal 36/Fat 0g/Carb 4.9g/Protein 4.5g

DINNER

Grouper-GF ENTRÉE

Cal 133/Fat 1.5g/Carb 1g/Protein 28g

Bone-In Jerk Chicken-GF ENTRÉE

Cal 262/Fat 16.8g/Carb 5g/Protein 22g

Yellow Rice-GF/V SIDE

Cal 200/Fat 0g/Carb 42g/Protein 5g

Black Beans-GF/V SIDE

Cal 104/Fat 0.3g/Carb 18.9g/Protein 6.9g

Corn-GF/V SIDE

Cal 67.5/Fat 2.2g/Carb 12.2g/Protein 2.1g

Sweet Plantains-GF/V SIDE

Cal 140/Fat 0.4g/Carb 36.2g/Protein 1.5g

BURGER BAR @ Super Bowls LUNCH/DINNER

Hamburger	ENTRÉE
Cal 470/Fat 27g/Carb 31g/Protein 22g	
Cheeseburger	ENTRÉE
Cal 545/Fat 33g/Carb 31g/Protein 25g	
Turkey Burger-GF	ENTRÉE
Cal 362/Fat 16g/Carb 31g/Protein 22g	
Beyond Burger-V	SIDE
Cal 446/Fat 22g/Carb 31g/Protein 25g	
Onion Rings-V	SIDE
Cal 250/Fat 7g/Carb 22g/Protein 2g	

STIR FRY STATION LUNCH

Stir Fried Rice-GF
Cal 300/Fat 12g/Carb 42g/Protein 5g

PORTABELLOS LUNCH/DINNER

Cheese Flatbread	ENTRÉE OR SIDE
Cal 430/Fat 21g/Carb 29g/Protein 21g	
Flatbread of the Day	ENTRÉE OR SIDE
White Pasta-V	ENTRÉE OR SIDE
Cal 224/Fat 1.8g/Carb 42.6.4g/Protein 8.8g	
Wheat Pasta-V	ENTRÉE OR SIDE
Cal 255/Fat 1.9g/Carb 46.7g/Protein 9.1g	
Marinara Sauce-GF/V	
Cal 34.5/Fat 1.2g/Carb 4.7g/Protein 1g	
Alfredo Sauce	
Cal 115.2/Fat 7.7g/Carb 6.2g/Protein 4g	

VEGAN/VEGETARIAN-LUNCH

"Chicken" Fajita with Peppers & Onions-V	ENTRÉE OR SIDE
Cal 212/Fat 6g/Carb 21g/Protein 13g	

VEGAN/VEGETARIAN-DINNER

Stuffed Portabello-V	ENTRÉE OR SIDE
Cal 225/Fat 5.3g/Carb 27g/Protein 10g	

***Unless specifically a "side" item, all nutritional given are for entrée portions**

Hours of Operation

Breakfast: 7:00am to 11:00 am

Lunch: 11:00am to 2:00pm

Dinner: 4:30pm to 8:00pm

Friday
October 11, 2024

WYNEE'S BISTRO MENU



PARTNERED WITH



Friday Action Station OMLETTES TO ORDER



BREAKFAST, LUNCH &
DINNER TODAY!

At *Stir Fry Station*

GUEST SERVICES
& your friends at
Wynee's Bistro
wish you all a
relaxing and safe
FALL BREAK
We will see you

PORTABELLOS BREAKFAST

Scrambled Eggs-GF ENTRÉE OR SIDE

Cal 82/Fat 5.6g/Carb 0g/Protein 7g

Breakfast Pizza with Fruit Topping ENTRÉE OR SIDE

Cal 310/Fat 10g/Carb 29g/Protein 7g

Breakfast Pizza with Sausage Gravy ENTRÉE OR SIDE

Cal 380/Fat 22g/Carb 31g/Protein 17g

Peppered Bacon, Egg & Cheese Croissant ENTRÉE OR SIDE

Cal 370/Fat 21g/Carb 28g/Protein 16.5g

Biscuits & Sausage Gravy ENTRÉE OR SIDE

Cal 221.3/Fat 7.3g/Carb 34.5g/Protein 5.8g

Oatmeal-V ENTRÉE OR SIDE

Cal 221.3/Fat 7.3g/Carb 34.5g/Protein 5.8g

Vegan Kale & Mushroom Bowl-V ENTRÉE

Cal 306/Fat 7.5g/Carb 52g/Protein 9g

Peppered Bacon-GF SIDE

Cal 90/Fat 6g/Carb 0g/Protein 10g

Shredded Hash Browns-GF/V SIDE

Cal 120/Fat 7g/Carb 15g/Protein 1g

Hard Boiled Eggs-GF SIDE

Cal 70/Fat 5g/Carb 0g/Protein 6g

Wright At Home

LUNCH

Grilled Ham & Cheese Sandwich ENTRÉE

Cal 352/Fat 15g/Carb 33.3g/Protein 20g

Fish Sticks ENTRÉE

Cal 316/Fat 18.6g/Carb 24g/Protein 12.6g

Sriracha Chicken Thighs ENTRÉE

Cal 151/Fat 5g/Carb 12g/Protein 14g

Steak Fries- GF/V SIDE

Cal 204.8/Fat 9.8g/Carb 27.2g/Protein 2.2g

Pasta & Sauce ENTRÉE OR SIDE

Cal 129.5/Fat 1g/Carb 23.3g/Protein 4.8g

Steamed Greens-GF/V SIDE

Cal 15/Fat 0g/Carb 3g/Protein 1g

4 Way Mixed Vegetable-GF/V SIDE

Cal 50/Fat 0g/Carb 11g/Protein 2g

DINNER

Beef Tips-GF ENTRÉE

Cal 293/Fat 13g/Carb 5.5g/Protein 38g

Fried Chicken ENTRÉE

Cal 295/Fat 20g/Carb 14g/Protein 15g

Egg Noodles SIDE

Cal 221/Fat 3g/Carb 40g/Protein 7g



Mashed Potatoes-GF SIDE
Cal 201/Fat 12.3g/Carb 18.8g/Protein 3g

Pasta & Sauce ENTRÉE OR SIDE
Cal 129.5/Fat 1g/Carb 23.3g/Protein 4.8g

Baked Acorn Squash-GF/V SIDE
Cal 84.2/Fat 0.1g/Carb 23.2g/Protein .7g

Super Bowls CLOSED TODAY

STIR FRY STATION LUNCH/DINNER

OMELETTES MADE TO ORDER
BREAKFAST, LUNCH & DINNER

PORTABELLOS CLOSED LUNCH/DINNER



*Unless specifically a "side" item, all nutritionals given are for entrée portions

Hours of Operation
Breakfast: 7:00am to 11:00 am
Lunch: 11:00am to 2:00pm
Dinner: 4:30pm to 8:00pm