

Ramadan

2025 Menu

Suhoor Nutrition Facts

	Meal	Cal	Allegens
Day 1	Breakfast Burrito	720	milk, wheat, gluten, egg
	Roasted Red Potatoes	200	-
Day 2	Vanilla French Toast Sticks	300	soy, wheat, gluten
	Scrambled Eggs	140	egg
	Hash Brown Patty	110	-
	Halal Chicken & Apple Sausage		
Day 3	English Muffin Sandwich	470	milk, wheat, gluten, egg
	Sweet Potato Tots	200	-
Day 4	Homestyle Pancakes	160	milk, wheat, gluten,
	Scrambled Eggs	140	egg
	Roasted Red Potatoes	200	-
	Halal Chicken & Apple Sausage		
Day 5	Cheddar & Roasted Veggie Scramble	280	milk, egg
	Pita	260	wheat, gluten, milk
	Halal Turkey Bacon		
Day 6	French Toast with Apple Compote	400	milk, wheat, gluten, egg, soy, sesame
	Scrambled Eggs	140	egg
	Halal Chicken & Apple Sausage		
Day 7	Bagel Sandwich with Halal Turkey Bacon	500	egg, milk, wheat, gluten
	Sweet Potato Tots	200	-
Day 8	Croissant Egg Sandwich with Halal Turkey Bacon	630	egg, milk, wheat, gluten, soy
	Hash Brown Patty	110	-

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Iftar Nutrition Facts

	Meal	Cal	Allergens
Day 1	Broccoli & Cheddar Soup (vegetarian)	240	milk, soy
	Chicken & Cauliflower Red Curry	350	-
	Paneer & Cauliflower Red Curry	360	milk
	Lemon Couscous	240	-
	Garden Salad	20	-
Day 2	Lentil Soup (vegan)	170	-
	Chicken Shawarma	270	-
	Vegan Chiken Shawarma	200	soy
	Tzatziki Sauce	30	milk
	Hummus	110	sesame
	Cucumber & Tomato Salad	20	-
	Basmati Rice	130	-
	Sumac Onions	20	-
Day 3	Tomato Basil Soup (vegetarian)	200	milk
	Salmon Tikka Masala	170	milk, fish(salmon)
	Crispy Tofu Masala	200	milk, soy
	Basmati Rice	130	-
	Naan Bread	150	egg, milk, wheat, gluten
	Sauteed Garlic Green Beans	120	-
Day 4	Lentil Soup (vegan)	170	-
	Harissa BBQ Chicken	220	-
	Vegan Harissa Tofu	250	soy
	Yellow Rice	220	soy
	Roasted Carrots w/Zaatar	100	sesame
	Garden Salad	20	-
Day 5	Parmesan & White Bean Soup (vegetarian)	210	milk
	Halal Turkey Meatloaf	320	gluten, wheat, eggs, fish, soy, sesame, milk
	Yukon Gold Whipped Potatoes	140	milk
	Ratatouille	40	-
	Garden Salad	20	-
Day 6	Butternut Squash Soup (vegan)	70	-
	Seared Sumac Shrimp	100	shellfish (shrimp)
	Falafel	160	-
	Vegetable Medley	40	-
	Yellow Rice	220	soy
	Cucumber Tomato Salad	20	-
Day 7	Minestrone Soup (vegetarian)	120	milk, wheat, gluten
	Butter Chicken	240	milk
	Channa Masala	160	-
	Naan Bread	150	egg, milk, wheat, gluten
	Basmati Rice	130	-
	Garden Salad	20	-
Day 8	Moroccan Harira Soup (vegan)	160	wheat, gluten
	Mediterranean Seared Chicken	190	-
	Creamy Lemon Orzo	300	wheat, gluten, milk
	Roasted Zucchini, Squash, Cauliflower	70	-
	Garden Salad	20	-