

# MON

# TUE

# WED

# THU

# FRI

**GOOD DAY**  
TRULY GOOD TO GO

Grab & Go Available  
in The Market



**eat WELL**

Interested in more nutritious menu options?

Look for the Icon & Eat Well!

**WE CARE WEDNESDAY**

WE CARE ABOUT YOUR DINING EXPERIENCE

Visit the Survey Kiosk Today!

**01**



**02**

**Caribbean Jerk Chicken Mango Salad**

additional LTOs available 7/29 - 8/4

**05**

ROAD TRIP  
*America*  
JOURNEY OF AMERICAN FLAVORS

TRY OUR *Southern* CLASSICS

Week of August 5

**06**



**07**

**Chimichurri Roast Beef Sandwich**

additional LTOs available 8/5 - 8/11

**08**

**EAT ENERGY**

**National Zucchini Day**

Stretch Class


**09**

**EMPOWER**

**E3 ZONE**  
EAT·ENERGY·EMPOWER

Tell us what you Think

**12**



**BIBIM-BOX**  
KOREAN FLAVORS MIXED FOR YOU

Week of August 12

**13**

**EAT EMPOWER**

**Garden Club**

**Chef's Table Event**

**14**



**15**

**Sweet & Sour Chicken Sandwich**

additional LTOs available 8/12 - 8/18

**16**

**ENERGY**

**WALK The Community Event!**

**19**

**ZOCA**

Week of August 19

**20**

**EAT EMPOWER**

**Cookbook Club Chef Action Station**

**21**

**Hash**

**Brown Breakfast Melt/Panini**

additional LTOs available 8/19 - 8/25

**22**



**23**

**JAVA CITY COFFEE**  
HAND ROASTED

**Treat Yourself**

Featured beverages all this month



**26**

**ALO ALO**

Week of August 26

**27**

**Italian Pork Sandwich**

additional LTOs available 8/26 - 9/1

**28**



**29**

**Benefits of Tea Wellness Seminar & Tasting**

**EMPOWER**

**30**

**Dinner & A Movie Sound of Music**

**EAT EMPOWER**



# AUGUST