

# JANUARY HIGHLIGHTS



ALL  
MONTH  
LONG



MON  
19

NATIONAL  
SEAFOOD  
DAY

## EVERY FRIDAY IN JANUARY

1/16 - Wing bar with new sauces, bone-in and boneless options at the Entrée Station.

1/23 - Pork belly tater tot bowl at the Flame Grill

1/30 - Baked spud bar with all the potato fixings at the Entrée Station

## RESOLUTION RESET CHEF'S TABLE

Chef Eric in partnership with Emily from the Total Life fitness center will be preparing a Mediterranean quinoa bowl with either citrus tofu or grilled salmon as protein options.

## CLOSED IN HONOR OF MLK DAY

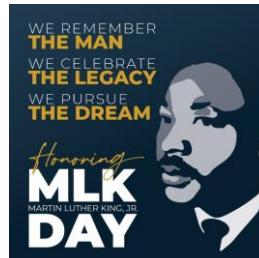
Reflecting on his major contributions the American legacy such as the Civil Rights Act of 1964 and the Voting Rights Act of 1965, championing equality and voting rights in the United States for Black Americans. As well as his messages of unity.

## CELEBRATE NATIONAL SEAFOOD DAY

Enjoy shrimp & grits, chicken fried steak and house-made biscuits at the Entrée Station

GEAR UP FOR  
GAME  
DAY

WED  
14



THUR  
22



Featuring all the best meals  has to offer!

EVERY WEDNESDAY @  
THE FLAME GRILL

1/14

chicken, poblano and avocado on whole wheat sandwich thin

1/21

grilled salmon with horseradish kale slaw on whole wheat bun

1/28

chicken and veggie fried rice bowl

BETTER  
NUTRITION  
CHOICES 

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