

# MENU

November 5, 2019  
Cycle 8, Day 6

the lighthouse cafe

## ***Sophomore Menu***

**Turkey Club Wrap with Fries** \$4.00  
(Premium deli sliced Turkey, Mayo, on a flour Tortilla with traditional BLT)

**Grilled Chicken Cobb Salad** \$4.50  
(Romaine, Tomatoes, Cucumber, Pickled Red Onion, Cotija Cheese, and Hard Boiled Eggs, topped with Grilled Chicken and House made Ranch dressing)GF

**Classic Salisbury Steak Dinner** \$4.50  
(Mashed Potatoes, Roasted Seasonal Vegetables)

## ***Healthy Options***

**Pesto Roasted Cod *en pappiotte*** \$5.00  
(Pesto glazed Code lion, Roasted Baby potatoes, and Carrots) GF

**Egyptian Koshari** \$4.50  
(Lentils, Brown Rice, Garbanzo Beans, Caramelized Onions, Tomato Sauce and warm Naan Bread)

## ***Senior and Junior***

**Soup of the Day:**  
**Emma's** Chicken Barley Cup: \$1.25  
Bowl: \$1.75

**Sandwich of the Day:**  
**Mya's** Tuna Melt with tomato and French Fries \$3.50

**Entrées:**  
**Marisa's** Chourico Pizza \$4.50

**Jacinta's** Shrimp with Cheese Tortellini, Garlic, Onion, Sun Dried Tomatoes and Roasted Red Peppers \$5.00

**Tysa's** Portuguese Mussels over Pasta \$4.50

**Aaliyana's** Chicken Tarragon with Rice Pilaf and Mixed Vegetables \$4.50