

MENU

November 19, 2019
Cycle 10, Day 3

the lighthouse cafe

Sophomore Menu

Turkey Club Wrap with Fries

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

Grilled Chicken Cobb Salad

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

Classic Salisbury Steak Dinner

(Mashed Potatoes, Roasted Seasonal Vegetables) \$4.50

Healthy Options

Pesto Roasted Cod *en pappiotte*

(Pesto glazed Cod loin, Roasted Baby potatoes, and Carrots) GF \$5.00

Egyptian Koshari

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

Senior and Junior

Soup of the Day:

Erica's Zuppa Toscana Cup: \$1.25
Bowl: \$1.75

Sandwich of the Day:

Jacinta's Cilantro Jalapeño Hummus Grilled Cheese with smoked Gouda, Swiss cheese and French Fries on white bread \$3.50

Entrées:

Mya's Pulled pork with barbecue sauce, cornbread, oven roasted butternut squash, and rice pilaf \$4.50

Emma's Swiss Steak with oven roasted butternut squash and rice pilaf \$4.50

Jenna's General Tso's Chicken with oven roasted butternut squash and rice pilaf \$4.50

Marisa's Pork Enchilada with refried beans, roasted corn, cheese, and rice pilaf \$4.50