

# MENU

November 20, 2019  
Cycle 10, Day 4

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 pappiote***

(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:**

**Jacinta's** Fish Chowder Cup: \$1.25  
Bowl: \$1.75

### **Sandwich of the Day:**

**Aaliyana's** Fish Taco with purple cabbage, lettuce, tomato, spicy sauce and French fries \$3.50

### **Entrées:**

**Lauren's** Chicken tenders with pesto cream sauce over Angel hair pasta and broccoli au gratin \$4.50

**Mya's** Angel hair pasta with white seafood sauce containing clams, scallops, mussels and shrimp \$5.00

**Emma's** Clam strip platter with tartar sauce and French fries \$5.00

**Jenna's** Creole sautéed scallops and shrimps over Angel hair pasta and broccoli au gratin \$5.00