

# MENU

November 21, 2019  
Cycle 10, Day 5

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:**

**Aaliyana's Chili and Fish Chowder** Cup: \$1.25  
Bowl: \$1.75

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

**Tysa's Sloppy Joe with French fries** \$3.50

### **Entrées:**

**Lauren's Cacoila with French fries and butternut squash** \$4.50

**Mya's Barbecue Beef with butternut squash and rice pilaf** \$4.50

**Emma's Chicken in herb cream sauce with rice pilaf and butternut squash** \$4.50

**Erica's Sheppard's Pie with gravy** \$4.50