

MENU

December 12, 2019
Cycle 12, Day 5

the lighthouse cafe

Sophomore Menu

Spicy Fried Chicken Sandwich with Fries \$4.00
(GF Spicy Fried Chicken with Jardinière Pickles and Lettuce on a Potato Roll)

Classic Bistro Salad \$4.50
(Bacon lardon, Soft Poached Eggs, Red Onion, Cheddar Cheese Crumbles, Cucumbers, Arugula, and Baby Spinach in a warm Bacon and Lemon Vinaigrette)GF

Pot Roast Dinner \$4.50
(Jardinière Gravy, Garlic Mashed Potatoes)

Healthy Options

Seared Ahi Tuna Poke Bowl \$5.00
(Roasted Butternut Squash, Pickled Beets, Spicy Mayo, Cucumber, and Steamed Brown Rice) GF

Falafel Plate \$4.50
(Falafels, Marinated Cucumbers and Tomatoes, with Greek Yogurt sauce on Brown Rice)

Senior and Junior

Soup of the Day: Cup: \$1.25
Sydney's Beef barley Bowl: \$1.75

Sandwich of the Day:
Jessica's Philly cheese wrap with peppers, onions and French fries \$3.50

Entrées:

Brennen's Curry Chicken over rice with peas, carrots and onions \$4.50

Euridice's Pulled Pork with Barbecue sauce, cornbread, potato salad, peas, carrots, and onions \$4.50

Fayth's Baked Cod with rice, peas, carrots and onions \$5.00

Bryam's Chourico, onion and pepper pizza \$4.50