

# MENU

January 10, 2020  
Cycle 14, Day 4

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  
**Bryam's Clam Chowder** Bowl: \$1.75

**Sandwich of the Day:**  
**Fayth's Tuna Melt with French fries** \$3.50

**Entrées:**  
**Robyn's Coconut chicken with garlic mashed potatoes and broccoli au gratin** \$4.50

**Jessica's Oven roasted herb chicken legs and thighs with garlic mashed potatoes and broccoli au gratin** \$4.50

**Sydney's Greek broiled flap meat with garlic mashed potatoes and broccoli au gratin** \$4.50

**Dante's Fish and Chips with coleslaw and tartar sauce** \$4.50