

# MENU

January 13, 2020  
Cycle 14, Day 5

## *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  
**Fayth's** Cream of broccoli & cheddar Bowl: \$1.75

**Sandwich of the Day:**  
**Euridice's** Chicken salad sandwich \$3.50  
w/French fries

**Entrées:**  
**Cameron's** Meatloaf w/ mushrooms, \$4.50  
gravy, mashed potatoes, roasted cauliflower  
and red pepper

**Robyn's** Roasted pork loin w/ apricot \$4.50  
sauce, mashed potatoes, roasted cauliflower  
and red pepper

**Jessica's** Honey garlic chicken w/ mashed \$4.50  
potatoes, roasted cauliflower and red  
pepper

**Sydney's** Fajita w/ onions, peppers, \$4.50  
avocado, sour cream, black beans and rice

the lighthouse cafe