

MENU

January 9, 2020
Cycle 14, Day 3

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
Leigh-Anna's Potato Leek Soup Bowl: \$1.75

Sandwich of the Day:
Bryam's Cuban Sandwich with French fries \$3.50

Entrées:
Micayla's Shepherd's Pie \$4.50

Jessica's Southern fried boneless chicken thighs with green bean casserole, and oven roasted potatoes \$4.50

Dante's Swordfish with maitré hotel butter, green bean casserole, and oven roasted potatoes \$5.00

Sydney's Sautéed Chourico and onions, with refried Great Northern beans and green bean casserole \$4.50