

LunchMenu

Main Cafeteria PHONE 2147

ORDER BY FAX 455-2233 (CAFE)

Lunch served 11:00AM to 1:30PM

ALL TO GO ORDERS FOR OUTLETS
MUST BE ORDERED BY 9:00 AM

Date	Entrees	FULL LUNCH ENTREES INCLUDE TWO SIDE DISHES AND A ROLL	CALORIES	FULL	A LA CARTE
Monday 7/26/10	1.	DEEP-FRIED BREADED PACIFIC SHRIMP	816	\$6.00	5.00
	2.	MARTHA'S ORIENTAL-STYLE ORANGE CHICKEN	615	6.00	5.00
		Today's Weight Watcher BEEF STIR FRY*	310	6.00	5.00
	Today's Hot Sandwich	OPEN-FACE TURKEY	\$5.00		
		★ SOUP of the Day	SPLIT PEA & HAM		
Tuesday 7/27/10	1.	CHARBROILED MAHI MAHI WITH MANGO SAUCE	693	\$6.00	5.00
	2.	BAKED SHREDDED BEEF TAMALE WITH CHILI	778	6.00	5.00
		Today's Weight Watcher CHICKEN STIR FRY *	250	6.00	5.00
	Today's Hot Sandwich	BBQ BEEF	\$5.00		
		★ SOUP of the Day	FRESH VEGETABLE		
Wednesday 7/28/10	1.	VICTOR'S BRAISED HERB LEG OF LAMB	712	\$6.00	5.00
	2.	FLAME-ROASTED CHICKEN FRICASSEE	654	6.00	5.00
		Today's Weight Watcher SHRIMP STIR FRY*	271	6.00	5.00
	Today's Hot Sandwich	TERIYAKI CHICKEN	\$5.00		
		★ SOUP of the Day	CREAM OF CHICKEN & RICE		
Thursday 7/29/10	1.	STEAMED CORNED BEEF & CABBAGE	675	\$6.00	5.00
	2.	MARTHA'S HANDMADE CHICKEN POT PIE	760	6.00	5.00
		Today's Weight Watcher PORK STIR FRY*	360	6.00	5.00
	Today's Hot Sandwich	GRILLED REUBEN	\$5.00		
		★ SOUP of the Day	ALGONDIGAS		
Friday 7/30/10	1.	BAKED PARMESAN NORTHERN SALMON	545	\$6.00	5.00
	2.	DELIA'S GRILLED CHICKEN QUESADILLA	867	6.00	5.00
		Today's Weight Watcher CHICKEN STIR FRY*	250	6.00	5.00
	Today's Hot Sandwich	BEEF PHILLY	\$5.00		
		★ SOUP of the Day	CLAM CHOWDER		

Soup/Salad/Deli Bar

Soup			
SMALL	\$2.00	LARGE	\$ 3.00
Homemade Chili			
SMALL	\$2.00	LARGE	\$ 4.00
Salad Bar (INCLUDING DRESSING)		\$.35 oz.	
★ Self Serve Deli Bar		\$.45 oz.	

Made to Order Items (5 TO 10 MIN. WAIT)

Low-Cal Plate	
BROILED BEEF PATTY OR CHICKEN BREAST WITH SLICED TOMATO.	\$ 4.00
Fishburger, French Fries, and Garnish	\$ 5.00
Grilled Hamburger, Chicken Burger, or Vegi Burger	
FRENCH FRIES AND GARNISH (WITH CHEESE ADD \$.25)	\$ 5.00
Bacon Cheeseburger	\$ 6.00
Grilled Chicken Breast plus 2 sides	\$ 6.00
Chili Cheese French Fries	\$ 3.00

Individual Items

CRACKERS	\$.10	HOT VEGETABLE	\$ 1.00
LUNCHEON SALAD	\$ 1.00	ROLL AND BUTTER	\$.50
YOGURT	\$ 1.00	FRESH FRUIT	\$ 1.00
CHIPS	\$ 1.00	COOKIE	\$ 1.00

Premade Items

Sandwiches HAM, BEEF, TURKEY, CHEESE	\$ 4.00
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Hot Potato Bar (Giant Baked Potato)

With butter and sour cream. . . \$ 4.00	With everything. . . \$ 5.00
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Beverages

COFFEE (REG OR DECAF) (REFILL INCLUDED)	\$ 1.00
HOT TEA	\$ 1.00
BREAKFAST CEREAL WITH MILK . . . \$ 2.00	JUICE
BREAKFAST SANDWICH	MILK
WITH POTATOES	\$ 4.00
MARTINELLI JUICE, SNAPPLE, AND GATORADE	\$ 2.00

THIS WEEK ENJOY OUR SPECIALLY PREPARED
COBB SALAD

\$6.00

BREAKFAST BUFFET

\$ 4.00

6.30 a.m. - 8:00 a.m. ONLY

COFFEE 12 OZ. - \$1.00; 16 OZ. - \$1.00