

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 8/2/10	1. DANIEL'S BAKED BEEF RAVIOLI WITH MARINARA		568	\$6.00	5.00
	2. JOSE'S ROASTED PARMESAN CHICKEN STRIPS		740	6.00	5.00
	Today's Weight Watcher SHRIMP STIR FRY*		271	6.00	5.00
	Today's Hot Sandwich OPEN-FACE TURKEY	\$5.00			
★ SOUP of the DayCHICKEN & WHITE BEAN					
Tuesday 8/3/10	1. BAKED CRAB & MUSHROOM-STUFFED SOLE		460	\$6.00	5.00
	2. VICTOR'S SHREDDED BEEF ROLLED TACOS		756	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 8/4/10	1. ELI'S HAND-CARVED LONDON BROIL		751	\$6.00	5.00
	2. MARTHA'S STEAMED CHICKEN FRIED RICE		469	6.00	5.00
	Today's Weight Watcher BEEF STIR FRY*		310	6.00	5.00
	Today's Hot Sandwich BUFFALO CHICKEN	\$5.00			
★ SOUP of the Day POTATO BACON					
Thursday 8/5/10	1. BAKED HERB-STUFFED BREAST OF CHICKEN		569	\$6.00	5.00
	2. SPINACH, BACON & SWISS CHEESE QUICHE		611	6.00	5.00
	Today's Weight Watcher CHICKEN STIR FRY*		250	6.00	5.00
	Today's Hot Sandwich GRILLED REUBEN	\$5.00			
★ SOUP of the Day VEGETABLE PASTA					
Friday 8/6/10	1. GIBSON'S LOUISIANA-STYLE FRIED CATFISH		545	\$6.00	5.00
	2. DELIA'S GRILLED MONTEREY CHICKEN		867	6.00	5.00
	Today's Weight Watcher PORK STIR FRY*		360	6.00	5.00
	Today's Hot Sandwich PATTY MELT	\$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	JUICE	\$ 1.00
BREAKFAST CEREAL WITH MILK	\$ 2.00	MILK	\$ 1.00
BREAKFAST SANDWICH		HOT CHOCOLATE	\$ 1.00
WITH POTATOES	\$ 4.00	SOFT DRINKS/ICED TEA	\$ 1.00
MARTINELLI JUICE, SNAPPLE, AND GATORADE	\$ 2.00		

THIS WEEK ENJOY OUR SPECIALLY PREPARED
GREEK 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