

October 2009

Daily Specials at the Deli

Monday:

Italian Sub
Mediterranean Pita

Tuesday:

Chicken Salad Wrap
Veggie Sub Sandwich

Wednesday:

Egg Salad
Hummus Wrap

Thursday:

Turkey and Cheese Sub
Black Bean and Corn Salsa Pita

Friday:

Ham Bagel Sandwich
Eggplant & Goat Cheese Sandwich

A la Carte Sandwich \$2.75

All Meal Combo's only 4.25

- Hot Entrée Meal Combo
Your choice of entrée with 2 sides and a drink
- Deli Meal combo
Deli Sandwich, side and a drink
- Salad Bar Combo
Large salad, side, and a drink
- Grab and Go Combo #1
Chicken Caesar Salad and a Drink
- Grab and Go Combo #2
Yogurt Parfait, side, and a Drink
- Grab and Go Combo #3
Sandwich or wrap, side and a Drink

Mon	Tue	Wed	Thu	Fri
			1 Tortellini with meat sauce Tortellini with Alfredo sauce Corn on the Cob Chicken Tortilla Soup Choc. Chip Cookies	2 BBQ Beef Sandwich or Veggie Riblet Sandwich Lemon Roasted Potatoes Baked Beans Minestrone Soup Fresh Fruit
5 Grilled Chicken Fajita or Vegan Fajita with Beans and Crumbles Mexican Rice Steamed Corn Italian Wedding Soup Fresh Fruit	6 Meat or Veggie Lasagna Breadsticks Italian Veggie Blend Vegetable and Orzo Soup Cupcakes	7 Whole Wheat Cheese or Pepperoni Pizza Celery & Carrot Sticks Zucchini Saute Thick & Zesty Turkey Chili Fresh Fruit	8 Chicken Strips Macaroni & Cheese Corn on the Cobettes Peas and Carrots Chicken Noodle Soup Brownies	9 Hamburger or Veggie Burger Steak Fries Baked Beans Baked Potato Soup Fresh Fruit
12 Ham and Cheese Melt Texas Style Grilled Cheese Cinnamon Applesauce Broccoli Florettes Tomato Soup Fresh Fruit	13 General Tso's Chicken Vegetarian Egg Rolls Brown Rice Lo Mein With Veggies Chicken Orzo Soup Pound Cake w/ Peaches	14 Corn Dog Peanut Butter & Jelly French Toast Home Fried Potatoes Escaloped Apples Broccoli Cheddar Soup Fresh Fruit	15 Chicken or Vegetarian Paella Broccoli Florettes Corn Bread Chicken Tortilla Soup Apple Pie	16 Chicken or Eggplant Parmesan Pasta & Marinara Sauce Italian Veggie Blend New England Clam Chowder Fresh Fruit
19 Roast Turkey and Gravy Portobello & Cheese Philly Sandwich Stuffing Steamed Corn Italian Wedding Soup Fresh Fruit	20 Meatball Hoagie Veggie Cacciatore Celery & Carrot Sticks Italian Green Beans Vegetable and Orzo Soup Ice Cream Sandwich	21 Grilled Chicken Breast on Whole Wheat Bun General Tso Tofu Macaroni & Cheese Peas & Carrots Zesty Turkey Chili Fresh Fruit	22 Hot Dog on a Bun Texas Grilled Cheese Steak Fries Broccoli Florettes Chicken Noodle Soup Sugar Cookies	23 Fish Sticks Macaroni & Cheese Hush Puppies Roasted Vegetables Baked Potato Soup Fresh Fruit
26 Broccoli Alfredo Pasta Whole Wheat Ziti w/ Meat Sauce Bread Sticks Italian Blend Vegetables Tomato Soup Fresh Fruit	27 Chicken Nuggets Veggie Stir Fry Sticky Rice Fortune Cookies Chicken Orzo Soup Slushies	28 Salisbury Steak Fish Sandwich Mashed Potatoes Glazed Carrots Broccoli Cheddar Soup Fresh Fruit	29 BBQ Beef Sandwich Tortellini with Marinara Lemon Roasted Veggies Balsamic Roasted Veggies Chicken Tortilla Soup Pumpkin Pie	30 Grilled Turkey and Bacon Melt Veggie Riblet Sandwich Corn on the Cob Steak Fries Minestrone Soup Fresh Fruit

Super choices for sides everyday!

Hot side of the day, soup, side salad, fruit, dessert of the day, veggie sticks, small salad bar

Hot meal at a carte pricing:

Entrée.....\$2.00
Side dish.....\$.85
Soup...\$1.00/\$1.50
Dessert.....\$.85