WEEKLY SUPER SIX $ MEAL DEAL

spicy chicken sandwich $6.00

sensible breakfast: egg white and vegetable sandwich $2.29
self-serve breakfast items: scrambled eggs and breakfast meats vary
hot breakfast cereal and grits $1.50 / $2.00 / $2.50

LUNCH
soup of the day: garden vegetable $2.80 / $3.80 / $4.80
butcher baker: carved roasted turkey $8.50
create: fish market $7.48
chef jet: sweet and sour pineapple pork $8.48
2mato: cheese stromboli $4.99
sensible selection salad: red beet and orange salad $0.45/oz

Monday, May 21, 2018

BREAKFAST
sensible breakfast: egg white and vegetable sandwich $2.29
self-serve breakfast items: scrambled eggs and breakfast meats vary
hot breakfast cereal and grits $1.50 / $2.00 / $2.50

LUNCH
soup of the day: garden vegetable $2.80 / $3.80 / $4.80
butcher baker: carved roasted turkey $8.50
create: fish market $7.48
chef jet: sweet and sour pineapple pork $8.48
2mato: cheese stromboli $4.99
sensible selection salad: red beet and orange salad $0.45/oz

Tuesday, May 22, 2018

BREAKFAST
sensible breakfast: egg white and vegetable sandwich $2.29
self-serve breakfast items: scrambled eggs and breakfast meats vary
hot breakfast cereal and grits $1.50 / $2.00 / $2.50

LUNCH
soup of the day: garden vegetable $2.80 / $3.80 / $4.80
butcher baker: carved roasted turkey $8.50
create: fish market $7.48
chef jet: sweet and sour pineapple pork $8.48
2mato: cheese stromboli $4.99
sensible selection salad: red beet and orange salad $0.45/oz

Wednesday, May 23, 2018

BREAKFAST
sensible breakfast: egg white and vegetable sandwich $2.29
self-serve breakfast items: scrambled eggs and breakfast meats vary
hot breakfast cereal and grits $1.50 / $2.00 / $2.50

LUNCH
soup of the day: vegetable beef barley $2.80 / $3.80 / $4.80
butcher baker: chicken artichoke italiano sub $4.19
create: pho $8.48
chef jet: black bean beef $8.48
sensible selection salad: cooked wheat berries $0.45/oz

Thursday, May 24, 2018

BREAKFAST
sensible breakfast: egg white and vegetable sandwich $2.29
self-serve breakfast items: scrambled eggs and breakfast meats vary
hot breakfast cereal and grits $1.50 / $2.00 / $2.50

LUNCH
soup of the day: vegetable beef barley $2.80 / $3.80 / $4.80
butcher baker: chicken artichoke italiano sub $4.19
create: pho $8.48
chef jet: black bean beef $8.48
sensible selection salad: cooked wheat berries $0.45/oz

Friday, May 25, 2018

BREAKFAST
sensible breakfast: egg white and vegetable sandwich $2.29
self-serve breakfast items: scrambled eggs and breakfast meats vary
hot breakfast cereal and grits $1.50 / $2.00 / $2.50

LUNCH
soup of the day: minestrone $2.80 / $3.80 / $4.80
butcher baker: roast beef with spicy onions $7.48
create: nigerian stew over rice and plantains $8.48
chef jet: thai curry vegetable and tofu $8.48
2mato: sicilian calzone $4.99
sensible selection salad: red onion, tomato and cucumber salad $0.45/oz