



# Barlow's

## Specials for October 8 - 10

<b>Wednesday</b>	<b>10:30 am – 12:15pm</b>
<b>Thursday</b>	<b>11:15 am – 1:00 pm</b>
<b>Friday</b>	<b>11:15 am – 1:00 pm</b>

<b>Cream of Broccoli Soup</b>	<b>\$2.50</b>
<i>- fresh broccoli, chicken stock, fresh herbs and spices, blended with cream into a delicious soup.</i>	
<b>Chicken Cutlet w/ Mixed Green Salad on the side</b>	<b>\$5.00</b>
<i>-Chicken cutlet lightly breaded in panko and parmesan crust, served with a side salad dressed with lemon vinaigrette.</i>	
<b>Panini Special – Grilled Veggie</b>	<b>\$5.00</b>
<i>- grilled zucchini, eggplant, roasted red peppers with basil pesto and goat cheese on fresh Tuscan Pane bread.</i>	
<b>Apple Cake</b>	<b>\$2.00</b>
<i>- moist and delicious with fresh chopped Granny Smith apples and cinnamon. Topped with a dollop of whipped cream.</i>	

## Lunch items always available

<b>Chicken Salad Wrap</b>	<b>\$5.00</b>
<i>~with celery, fresh dill and green onions, this chicken salad is sure to delight also available on wheat or white bread or toast</i>	
<b>Grilled Cheese sandwich</b>	<b>\$3.50</b>
<i>~traditional sandwich with American cheese available with tomato</i>	
<b>Italian Panini</b>	<b>\$4.50</b>
<i>~Mozzarella with sliced tomatoes and fresh basil on hearty Tuscan roll</i>	
<b>Salad Bar</b>	<b>\$5.00</b>
<i>~fresh mixed greens, cherry tomatoes, olives, cucumbers, grated carrots, chick peas, red onion, shredded cheddar, crumbled feta, croutons, chopped hard-cooked egg, etc. ~choice of dressings</i>	
<b>Soup &amp; Salad (or side)</b>	<b>\$6.50</b>
<i>~salad bar with a cup of soup or scoop of chicken salad</i>	
<b>Sides</b>	<b>\$2.00</b>
<i>~scoop of fresh chicken salad</i>	
<b>Beverages</b>	<b>\$1.00</b>
<i>Coffee, tea, sodas, bottled water</i>	

Thank you for joining us – it is our pleasure to serve you!

~the students of Barlow's