



# Barlow's

## Specials for January 7 -9

**Wednesday 10:30 am – 12:15pm**

**Thursday 11:15 am – 1:00 pm**

**Friday 11:15 am – 1:00 pm**

**Navy Bean Soup \$2.50**

*~ Hearty, healthy, homemade soup loaded with beans and vegetables!*

**Asian Steak and Peppers \$5.00**

*~marinated flank steak with sautéed green and red peppers and a side of brown rice*

**Paninni Special \$4.50**

*~Black Forest Ham and Swiss on rye grilled to perfection on the Panini press with honey mustard on the side*

**Old Fashioned Apple Crisp \$2.00**

*~served with small scoop of vanilla ice cream*

## Lunch items always available

**Chicken Salad Wrap \$5.00**

*~with celery, fresh dill and green onions, this chicken salad is sure to delight  
also available on wheat or white bread or toast*

**Grilled Cheese sandwich \$3.50**

*~traditional sandwich with American cheese  
available with tomato \$4.00*

**Italian Panini \$4.50**

*~Mozzarella with sliced tomatoes and fresh basil  
on hearty Tuscan roll*

**Salad Bar \$5.00**

*~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*

**Soup & Salad (or side) \$6.50**

*~salad bar w/ a cup of soup or scoop of chicken salad*

**Beverages \$1.00**

*Coffee, tea, sodas, bottled water*

*Thank you for joining us – it is our pleasure to serve you! ~the students of Barlow's*