



Barlow's

Specials for October 29 - 31

Wednesday 10:30 am - 12:15pm

Thursday 11:15 am - 1:00 pm

Friday 11:15 am - 1:00 pm

Pumpkin Leek Soup \$2.50

- sautéed thinly sliced leeks, celery and garlic are mixed with pumpkin and chicken broth then blended till smooth.

Ham Spinach & Gruyere Quiche \$5.00

-fresh eggs and cream are the base for this delicious quiche with ham, spinach and Gruyere cheese. Served with a small side salad.

Broccoli Cheddar Quiche \$5.00

- traditional quiche base with fresh broccoli and cheddar cheese. Served with a small side salad.

Pumpkin Crème Brulee \$2.00

- tasty seasonal dessert with pumpkin, eggs and cream, whipped together and topped with a crisp sugar coat.

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 with a cup of soup
or scoop of chicken salad*

Sides \$2.00

~scoop of fresh 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