



Week of Feb. 5th - Feb. 9th 1996

Monday	Penne Ala Vodka ... <i>"Hic-up"</i> TLC steamed fresh vegetables • sweet Italian style sausage • pasta primavera • garlic bread <i>\$.23 per ounce</i>	• Thinly sliced roast lamb, herb yogurt, cucumber and tomato rolled in Syrian bread \$3.95 TLC Fresh mozzarella, grilled zucchini on Semolina bread \$3.25 • Ham & Turkey Breast on roll \$3.95 • Tuna Salad Sandwich \$3.95	• Spinach Pizza \$1.75 • Pepperoni Pizza \$1.75	Bonjour Montreal \$2.00 Egg on Roll \$.99
Tuesday	<u>Western Day</u> • BBQ Chicken • Onion Rings • Cob Corn • Frank and Beans TLC steamed vegetables • "spurs that jingle jangle jingle" <i>\$.23 per ounce</i>	• Shredded chicken salad w/balsamic dressing and raddichio on olive roll \$3.95 TLC Herbal Turkey "Steak", alfalfa sprouts spinach, tomato on Tuscan roll \$3.95 • Roast Top Round of Beef on Roll \$3.95 • Egg salad in whole wheat pita \$2.85	• Traditional Pizza \$1.40 • Fresh mozzarella, plum tomatoes and fresh basil Pizza \$1.75	Sausage, egg & cheese Biscuit \$1.75 Egg with two cheeses on Croissant \$1.35
Wednesday	• Sheppards Pie; a casserole of ground beef sauteed vegetables and mashed potatoes TLC Steamed fresh Vegetables <i>\$.23 per ounce</i>	• Chef's Club sandwich - sliced grilled white meat chicken, green oak leave lettuce & fontina cheese \$3.95 • Tarragon shrimp salad & mache - whole wheat pita \$4.25 TLC Roast Turkey Breast and tomato on Rye \$3.75	• Roasted Garlic Pizza \$1.40 • Spinach and Feta Turnover \$2.99	Fried Egg with American cheese on English Muffin \$1.40 Eggs on Roll \$.99
Thursday	<u>The Great Appetizer Bar</u> • Teriyaki Wings • Corn nuggets • Cheese sauce • Potato skins • Mozzarella Sticks • Tomato Sauce • Zucchini Sticks <i>\$.23 per ounce</i>	TLC Marinated Beefsteak Tomatoes, Lola Rosa greens and thinly sliced red onion on roll \$3.25 • Corned beef, pickled cabbage and watercress on hearty rye \$3.95 TLC Flaked Tuna in whole wheat pita \$3.75 (no mayo) • Top Sirloin of Beef and Swiss on hearty rye \$3.95	• Roast Chicken Pizza \$1.75 • Onion and Mushroom Pizza \$1.75	Bacon & Egg Pita \$1.35 Cheese -n- Eggs on roll \$1.35
Friday	<u>The (just as) Great Linguini Bar</u> TLC marinara sauce • pesto sauce • spicy white clam sauce TLC eggplant sauce TLC fresh vegetables <i>\$.23 per ounce</i>	• Eggplant frittata, salami and provolone on garlic roll \$3.95 • Smoked ham and Swiss with celery & tomato salad in Kaiser Roll \$2.95 • Roast Turkey Breast & cheese \$3.75 TLC Sliced Egg w/greens on pumpnickel \$2.85	• Ground Beef Pizza \$1.75 • Sausage Calzone w/ ricotta and mozzarella \$2.99	Breakfast Burrito \$1.50 Eggs on Roll \$.99



- Indicates Healthy Choice