

# FOOD FOR THOUGHT JANUARY FEATURES 2010



## BREAKFAST

 **Hot and Healthy Oatmeal with Toppers - 29.95** (serves 10-15)  
(Bowls & Spoons included)

*Served with raisins, walnuts, strawberries, brown sugar and milk on the side.*

## SOUP

**Pepper Pot – 42.25 / gallon** (serves 10-15)

*Ground beef, roasted pepper, potatoes and tomatoes in a beef broth.*

## SIDE SALAD

**Baby Spinach - 1.95**


*Baby spinach, mandarin oranges, and feta cheese with a roasted garlic dressing.*

## ENTRÉE SALAD

**Mesquite Barbecued Chicken -4.95**

*Brined chicken with tomatoes, black beans, cilantro, and fried onions.  
Barbecue ranch dressing served on the side.*

## SANDWICH

 **Healthy Grilled Chicken Wrap - 3.75**

*Spinach wrap filled with grilled chicken, romaine lettuce, mozzarella, tomato, and a cannelloni spread. Low calorie Italian dressing.*

## ENTRÉES

**Beef Enchiladas with Roasted Poblano Cream Sauce - 4.25**

*Two homemade enchiladas with a smoky Poblano sauce.*

**Vegetarian Enchiladas are also available**

 **Ginger Bourbon Pork Tenderloin - 5.25**

*A house favorite, grilled, sliced and served with winter grilled vegetables.*

**(Substitute Grilled Ginger Bourbon Chicken - 3.95)**

**Chicken Parmesan Meatloaf – 22.50** (serves 6-8)

*A twist on the traditional, made with ground chicken, Italian seasonings.*

*Sliced and topped with marinara sauce and mozzarella. Served with penne pasta.*

**Italian Crispelli Meal - 5.95**

*Homemade crispellis stuffed with Italian sausage and cheese. Topped with a light mornay sauce.*

*Served with renaissance salad and a bread stick.*

## DESSERTS

**New York Cheesecake Bars**

6 Bars (in container with lid) - **9.45**

Small Tray (10 bars) - **15.25**

Medium Tray (16 bars) – **24.25**

Large Tray (20 bars) - **30.25**

**Caramel Apple Nut Pie – 16.50**

*Served warm. Plates and forks are included.*

**Raisin Cinnamon Bread – 13.95** (12 slices)

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**Healthy Choice Option**