

Touro University California Menu

Hot special \$6 Soup Sm \$2 Lg \$3

Sandwich Special \$6 Includes Chips and Water

October 14-15, 2019

Monday Closed

Tuesday Closed

Wednesday

Hot Cereal

- Grits (GF)
- Oatmeal (GF)

ENTRÉE

- Turkey bacon (GF)
- Soyrito tofu Scramble

SIDES

- French toast serve with strawberry syrup (GF)
- Fried Potatoes(GF)



Touro University California Menu

Hot special \$6 Soup Sm \$2 Lg \$3

Sandwich Special \$6 Includes Chips and Water

October 14-15, 2019

Thursday

SOUP

- Chef Ray's Beef Chili-sautéed beef, onions and peppers prepared in a spicy tomato broth (GF)
- Cream of Zucchini-simmered in a creamy vegetable sauce

ENTRÉE

- Roast Beef topped with a Sweet Ginger Soy Sauce
- Vegetarian Tofu Pie-topped and baked with potatoes and mixed vegetables

SIDES

- Steamed Rice
- Sautéed Bok Choy

*Come see what Tracy, TUC's Baker,
has prepared for you today!*

Friday

SOUP

- Chef Ray's Beef Chili—sautéed beef, onions and peppers prepared in a spicy tomato broth (GF)
- Potato Arugula-steamed potatoes with onion arugula simmered in a vegetable broth (GF)

ENTRÉE

- Teriyaki Grilled Salmon (GF)
- Gluten Free Pasta with mixed Vegetables in a Tomato Sauce (GF)

SIDES

- Grilled Squash
- Steamed Quinoa with Basil

