

# Touro University Menu

## Cold Menu

Sandwich special \$6 Includes Lays chips and water

March 9-13-2020

### Monday

#### SANDWICH

- **Beef Salami and Turkey with and Olive Oil Spread** – Tomatoes, Soy Cheese, and Lettuce on a French Baguette
- **Grilled Zucchini and Squash with an Olive Oil Spread** – Tomatoes, Soy Cheese, and Lettuce on a French Baguette

#### SALADS

- **Brazilian Potato Salad** – Potatoes, Onion, Olives, Green Onions, Mint, Eggs, and Cilantro tossed in Creamy Dressing
- **Strawberry Salad** – Strawberries and Candied Walnuts served on a bed on Spinach

### Tuesday

#### SANDWICH

- **Pimento Cheese and Turkey Bacon Sandwich** – Pimento Cheese Spread, Turkey Bacon, Lettuce, Tomato on Wheat Bread
- **Pimento Cheese and Hummus Club** – Pimento Cheese, Hummus, Lettuce, Tomatoes, Sandwiched between three slices of wheat bread

#### SALADS

- **Crunchy Veggie Slaw** – Broccoli, Celery, Carrots, Red Onions, and Walnuts tossed in Creamy Dressing
- **Kale Salad with Apples and Cheddar** – Finely chopped Kale mixed with Greens topped with Sliced Apples and Cheese

### Wednesday

#### SANDWICH

- **Chicken Avocado Wrap** – Grilled Chicken, Avocado, Lettuce, and Tomato wrapped in a Flour Tortilla
- **Veggie Burrito** – Oven roasted Eggplant, Mushrooms, Onion, Bell Peppers, Hummus, and Pesto wrapped in a Flour Tortilla

#### SALADS

- **Lima Bean Salad**–Red Bell Peppers, Red Onion, Cilantro, Cucumber, Tomatoes, Lima Beans, and Garlic tossed in Sherry Vinaigrette
- **Celery Salad** – Celery, Apples, and Walnuts tossed in Dijon mustard served on Mixed Greens

### Thursday

#### SANDWICH

- **Chicken Spiedie Sandwich** – Grilled Chicken Breast topped with Lemon Drizzle served on Ciabatta Bun
- **Tofu Spiedie Sandwich** – Grilled Tofu topped with Lemon Drizzle served on Ciabatta Bun

#### SALAD

- **Jicama Mango Salad** – Shredded Jicama, Red Bell Peppers, Mango, Red Onion, and Cilantro tossed in Cayenne Pepper Vinaigrette
- **Hearts of Palm Salad** – Hearts of Palm, Tomatoes, Cucumbers, and Red Onions tossed in Apple Cider Vinaigrette

#### Hours

Mon, Wed, Thurs 11:30 - 1:30, Tue, Fri 11:00- 1:30

Cash, check or credit. ATM available in Lander Hall. All food certified Glatt kosher by Rabbi Aharon Simkin

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*Friday*

## SANDWICH

- **Chef's Choice Meat Sandwich-**
- **Chef's Choice Veggie Sandwich-**

## SALADS

- **Orzo Pasta Salad** – Orzo and Chopped Oven Roasted Veggies tossed in Balsamic Vinaigrette topped with Smoked Salmon
- **Chicken Caesar Salad** – Chopped Romaine, Sliced Chicken and house made Croutons served with Caesar Dressing

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