

Touro University California Menu

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

Sandwich Special \$6 Includes Chips and Water

March 9-13 -2020

Monday

SOUP

- **Black-eyed Peas** – Prepared with Mixed Vegetables (GF)
- **Hot & Sour Chicken** – Simmered in a soy sauce broth

ENTRÉE

- **Lemon Oregano Roasted Chicken (GF)**
- **Stuffed Roasted Zucchini** – Roasted corn peppers and onions(GF)

SIDES

- **Sautéed Red Chard(GF)**
- **Roasted Potatoes(GF)**

Tuesday

SOUP

- **Black-eyed Peas** – Prepared with Mixed vegetables (GF)
- **Beef Barley** – Prepared with steamed barley

ENTRÉE

- **Moroccan Chicken Stew** – Baked with Roasted Carrots and Potatoes in Moroccan Broth(GF)
- **Moroccan Vegetable Stew** – Baked with Sweet Potatoes and Carrots in Moroccan Broth (GF)

SIDES

- **Sautéed Green Beans with Tomatoes(GF)**
- **Garlic Herb Rice(GF)**

Wednesday

SOUP

- **Lemon Tomato** – Simmered in Creamy Vegetable Sauce (GF)
- **Beef Barley** – Prepared with Steamed Barley

ENTRÉE

- **Jamaican Jerk Salmon** –Salmon Marinated in Chef's Jamaican Jerk Spice (GF)
- **Jamaican Jerk Tofu** – Roasted tofu Jamaican Jerk rub

SIDES

- **Sautéed Kale (GF)**
- **Roasted Sweet Potatoes(GF)**

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Thursday

SOUP

- **Lemon Tomato** – Simmered in Creamy Vegetable Sauce (GF)
- **Chicken Chowder** – Prepared in Creamy Sauce

ENTRÉE

- **Irish Sheppard's Pie** – Lamb Baked in Creamy Cheese Sauce(GF)
- **Veggie Sheppard's Pie** – Zucchini, Carrots and Tomatoes baked in Creamy Potato Puree (GF)

SIDES

- **House Green Salad**(GF)
- **Garlic Bread**

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

Friday

SOUP

- **Vegetable Chowder** – Zucchini and Tomatoes cooked in Tomato Sauce (GF)
- **Chicken Chowder** – Prepared in Creamy Sauce

ENTRÉE

- **BBO Beef Burger** – Topped with Chef Ray's BBO sauce **(GF) without bun**
- **BBO Portabella Mushroom Burger** –Topped with Chef Ray's BBO sauce(GF) **without bun**

SIDES

- **House Salad** – Tossed with Red Wine Dressing(GF)
- **Garlic Fries**(GF)

