



Lunch Order: Sandwiches, Salads & Smoothies (Wednesdays) FEBRUARY–JUNE 2010

Tropical Smoothie Café on Slater’s Lane will resume delivery of sandwiches, salads, and/or smoothies for lunch on Wednesdays beginning February 3, 2009. All items are separate with a fee for each. Prices are \$6.50 per sandwich or salad and \$2.25 for smoothies. Selections change half-way through the semester. Menu descriptions are included on the next page. Please check your schedules, we will order for the semester and there are no refunds. Have your order and check back to Ms. Stevenson by Friday, December 11th.

NAME _____ PHONE _____

SANDWICHES (\$6.50)				SALADS (\$6.50)				SMOOTHIES (\$2.25)	
DATE	Mambo Italiano	Turkey Guacamole	Wasabi Roast Beef	Chef Salad	Chicken Caesar	Garden Classic	Dressing (for Chef & Garden Salads Only)	Raspberry Rush	Sunrise Sunset
2/3							<input type="radio"/> Italian <input type="radio"/> Ranch		
2/10							<input type="radio"/> Italian <input type="radio"/> Ranch		
2/17							<input type="radio"/> Italian <input type="radio"/> Ranch		
2/24							<input type="radio"/> Italian <input type="radio"/> Ranch		
3/03							<input type="radio"/> Italian <input type="radio"/> Ranch		
3/10							<input type="radio"/> Italian <input type="radio"/> Ranch		
3/17							<input type="radio"/> Italian <input type="radio"/> Ranch		
3/24	No Lunch Orders—Hot Dog Lunch Served								
DATE	Hummus Among Us	Turkey Bacon Ranch	Ultimate Club	Chicken Caesar	Garden Classic	Sesame Chicken	Dressing (for Garden Salad Only)	Island Fever	Peaches 'N Silk
3/31	No Lunch Orders—Teacher Workday								
4/7	No Lunch Orders—Spring Break								
4/14							<input type="radio"/> Italian <input type="radio"/> Ranch		
4/21							<input type="radio"/> Italian <input type="radio"/> Ranch		
4/28							<input type="radio"/> Italian <input type="radio"/> Ranch		
5/05							<input type="radio"/> Italian <input type="radio"/> Ranch		
5/12							<input type="radio"/> Italian <input type="radio"/> Ranch		
5/19							<input type="radio"/> Italian <input type="radio"/> Ranch		
5/26	No Lunch Orders—Hot Dog Lunch Served								
6/02							<input type="radio"/> Italian <input type="radio"/> Ranch		

14 WEEKS Sandwiches/Salads @ \$6.50 = \$91.00 • Smoothies @ \$2.25 = \$31.50 • Total=\$122.50

Total Sandwiches & Salads ____ X \$6.50 = _____ Total Smoothies ____ X \$2.25 = _____

Amount Paid \$ _____ Check # _____ Date _____

Please make check payable to **Commonwealth Academy**. Thank you for your order.

Wednesday Menu (Sandwiches, Salads & Smoothies)

SANDWICHES

All sandwiches are served with chips.

Hummus Among Us™—layers of roasted red & green peppers, hummus, provolone, Parmesan tomatoes topped with fresh basil & field greens on nine-grain wheat bread

Mambo Italiano™—authentic Italian capicola, smoked lean ham, provolone cheese & Parmesan tomato slices topped with light mayo, banana peppers, fresh basil & field greens on a toasted ciabatta roll

Turkey Bacon Ranch—lean, oven-roasted turkey breast, crispy bacon & melted Swiss cheese with fresh tomatoes, field greens & light ranch dressing, all served on a toasted ciabatta roll

Turkey Guacamole—lean, oven-roasted turkey breast, guacamole seasoned with cilantro & lime, and onion & tomato slices; topped with fresh field greens & served on nine-grain wheat bread

Ultimate Club—smoked, lean ham, oven-roasted turkey breast, Swiss cheese, crisp bacon & fresh Parmesan tomatoes topped with our proprietary bistro sauce & fresh field greens on a toasted artisan ciabatta roll

Wasabi Roast Beef™—lean & flavorful center cut roast beef, pepper jack cheese topped with romaine leaves, dressed with wasabi caesar dressing, all served on a toasted ciabatta roll

SALADS

Chef Salad—romaine lettuce, black forest ham, Ovengold© turkey, cheddar cheese, diced tomatoes, onions & your choice of dressing

Chicken Caesar Salad—romaine lettuce, chicken breast strips, Parmesan cheese, diced tomatoes & caesar dressing

Garden Classic Salad—romaine lettuce, shredded carrots, cheddar cheese, diced tomatoes & your choice of dressing

Sesame Chicken Salad—romaine lettuce, chicken breast strips, almonds, onions, crunchy wontons, sesame seeds & sesame dressing

** Italian or ranch dressings are available for the Chef Salad and Garden Classic Salad.*

SMOOTHIES

Island Fever™—pineapples, peaches & banana

Peaches 'N Silk™—peaches, strawberries & banana

Raspberry Rush™—raspberries, banana & lime

Sunrise Sunset™—strawberries, pineapples, mango & oranges

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