

Bayway Catering

Weekly Specials for January 21st!

Monday

Special Entrée:	Pepper Steak with White Rice & Seasonal Veggie
Figure Friendly:	Grilled Chicken Teriyaki, White Rice & Seasonal Veggie <i>Cal: 450 Fat: 13 g Carbs: 29.5g Protein: 34g</i>
Deli Special Sandwich:	Chef's Choice
Soup:	Ham & Potato Soup (<i>Calories sm: 276 lg: 363</i>) Tomato Soup (<i>Calories sm: 50 lg: 80</i>)

Tuesday

Special Entrée:	Beef Taco Station
Figure Friendly:	Fish Taco Station
Deli Special Sandwich:	Chef's Choice
Soup:	Butternut Squash (<i>Calories sm: 208 lg: 278</i>) Chili (<i>Calories sm: 276 lg: 363</i>)

Wednesday

Special Entrée:	Pasta Station
Figure Friendly:	Whole Wheat Pasta Station
Deli Special Sandwich:	Chef's Choice
Soup:	Tuscan Lentil (<i>Calories sm: 157 lg: 234</i>) Cream of Chicken (<i>Calories sm: 276 lg: 363</i>)

Thursday

Special Entrée:	Jerk Chicken, Mac & Cheese & Seasonal Veggie
Figure Friendly:	Turkey Meatloaf with Mashed Potatoes & Seasonal Veggie <i>Cal: 255 Fat: 5g Carbs: 42g Protein: 26g</i>
Deli Special Sandwich:	Chef's Choice
Soup:	Black Bean Soup (<i>Calories sm: 110 lg: 176</i>) Chicken Noodle (<i>Calories sm: 208 lg: 278</i>)

Friday

Special Entrée:	Chef's Choice
Figure Friendly:	Chef's Choice
Deli Special Sandwich:	Chef's Choice
Soup:	Corn Chowder (<i>Calories sm: 270 lg: 350</i>) White Bean Chicken Chili (<i>Calories sm: 205 lg: 360</i>)

Special Entrée \$6.50, Figure Friendly Entrée \$7.50, and Deli Special Sandwich \$6.95

Daily Offering from Salad & Hot Bar portion is weighed

View Our Catering Menu and Place an Order

Please go to our Web Site: www.phillips66.baywaycatering.com

Come Taste our New Upscale Sandwiches Located at "The Grill Station"