



## Weekly Specials for July 16<sup>th</sup>!

### Monday

- Special Entrée:** Beef & Broccoli, White Rice & Sauteed Bok Choy  
**Figure Friendly:** Smoked Turkey Breast, Steamed Vegetables, Brown Rice Pilaf  
*Cal: 285 Fat: 4 g Sodium: 275mg Carbs: 31g Protein: 31g*
- Special Sandwich:** Chef's Choice  
**Soup:** French Onion (*Calories sm: 150 lg: 210*)  
Chicken & Veggies (*Calories sm: 208 lg: 278*)

### Tuesday

- Special Entrée:** Beef Rice Bowl Station  
**Figure Friendly:** Chicken Rice Bowl Station
- Special Sandwich:** Chef's Choice  
**Soup:** French Onion (*Calories sm: 185 lg: 290*)  
Chicken Cous-Cous (*Calories sm: 227.5 lg: 402*)

### Wednesday

- Special Entrée:** Pasta Station
- Special Sandwich:** Chef's Choice  
**Soup:** Pasta Faggioli (*Calories sm: 191lg: 302*)  
Beef Noodle (*Calories sm: 208 lg: 278*)

### Thursday

- Special Entrée:** Beef Lasagna, Vegetable Medley  
**Figure Friendly:** Grilled Chicken Breast, Zesty Potato Wedges & Veggies  
*Cal: 285 Fat: 8g Sodium: 125mg Carbs: 30g Protein: 25g*
- Sandwich Special:** Chef's Choice  
**Soup:** Potato Leek (*Calories sm: 225 lg: 388*)  
Minestrone (*Calories sm: 150 lg: 220*)

### Friday

- Special Entrée:** Chef's Choice  
**Figure Friendly:** Chef's Choice  
**Special Sandwich:** Chef's Choice  
**Soup:** Corn & Clam Chowder (*Calories sm: 250 lg: 418*)  
Chicken Noodle (*Calories sm: 178 lg: 278*)

Special Entrée \$6.50, Figure Friendly Entrée \$7.50, and 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](http://www.phillips66.baywaycatering.com)