



Weekly Specials for March 25th!

Monday

Special Entrée: Steak Pizzaiola, Herb Roasted Potatoes & Veggies
Figure Friendly: Roast Turkey Breast, Herb Gravy, Caramelized Cinnamon Apples
Cal: 260 Fat: 3g Sodium: 590mg Carbs: 45g Protein: 13g

Soup: Pesto Chicken Noodle (*Calories sm: 208 lg: 287*)
Roasted Cauliflower Bisque (*Calories sm: 150 lg: 225*)

Tuesday

Special Entrée: Orange Ginger Glazed ½ Chicken, Jasmine Rice, Stir-Fried Garden Veggie
Figure Friendly: Eggplant Rollatini served with Milanese Rice Pilaf
Cal: 250 Fat: 2g Carbs: 38g Protein: 19g

Soup: Sausage, White Bean & Spinach (*Calories sm: 214 lg: 278*)
Butternut Squash Bisque (*Calories sm: 215 lg: 276*)

Wednesday

Special Entrée: Pasta Station
Figure Friendly: Pan Seared Pork Chop w/ Cherry Balsamic Sauce, Roasted Potatoes & Veggies
Cal: 320 Fat: 18g Carbs: 20g Protein: 18g

Soup: Loaded Potato (*Calories sm: 144 lg: 185*)
Chicken & Rice (*Calories sm: 214 lg: 278*)

Thursday

Special Entrée: Grilled London Broil with Truffle Mashed Potatoes & Roasted Vegetables
Figure Friendly: Cranberry BBQ Chicken Thighs, Baked Sweet Potato Wedges, Roasted Veggies
Cal: 243 Fat: 12g Carbs: 10g Protein: 23g

Soup: Pasta Faggioli (*Calories sm: 115 lg: 180*)
French Onion (*Calories sm: 150 lg: 220*)

Friday

Special Entrée: Braised Cube Steak with Caramelized Onions, Steamed White Rice & Spinach
Figure Friendly: Seafood Paella
Cal: 291 Fat: 4g Carbs: 36g Protein: 26g

Soup: New England Clam Chowder (*Calories sm: 250 lg: 418*)
Mushroom Lentil (*Calories sm: 205 lg: 360*)

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

Daily Offering from Salad & Hot Bar portion is weighed

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Please go to our Web Site: baywaycatering.com

Visit our Deli counter for Daily Sandwich Specials

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