

Bayway Catering

Weekly Specials for September 9th

Monday

Special Entrée: General Tso's Chicken served with Steamed White Rice & Veggie
Figure Friendly: Grilled Pork Chops with Brown Rice & Sautéed Veggies
Cal: 210 Fat: 12 g Carbs: 15g Protein: 14g

Soup: Curry Chicken (*Calories sm: 185 lg: 314*)
Cream of Mushroom (*Calories sm: 280 lg: 455*)

Tuesday

Special Entrée: Taco Tuesday with all the Fixings
Figure Friendly: Chicken Taco's with all the Fixings

Soup: Beef Barley (*Calories sm: 185 lg: 290*)
Spicy Lentil (*Calories sm: 227.5 lg: 402*)

Wednesday

Special Entrée: Pasta Station
Figure Friendly: Whole Wheat Pasta Station

Soup: Broccoli & Cheddar (*Calories sm: 191 lg: 302*)
Chicken Noodle (*Calories sm: 208 lg: 278*)

Thursday

Special Entrée: Pot Roast Carving Station, Herb Roasted Potatoes & Seasonal Veggie
Figure Friendly: BBQ Chicken Thighs, Spicy Coleslaw & Braised Greens
Cal: 285 Fat: 8g Sodium: 182mg Carbs: 30g Protein: 56g

Soup: Spinach & White Bean (*Calories sm: 225 lg: 388*)
Sweet Potato Bisque (*Calories sm: 205 lg: 288*)

Friday

Special Entrée: Coconut-Mango Encrusted Cod, White Rice Pilaf & Veggies
Figure Friendly: Cajun Spiced Turkey Medallions & Veggies
Cal: 309.4 Fat: 22g Sodium: 301mg Carbs: 3.5g Protein: 20.1g

Soup: Shrimp Bisque (*Calories sm: 250 lg: 418*)
Chicken & Rice (*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

View Our Catering Menu and Place an Order

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

Visit our Deli counter for Daily Sandwich Specials

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