

THE TOWERS

Week of Monday June 22

Lunch Special (949-434-5610)




Tuna Salad Sandwich or Hot Dog w/ Sauerkraute

Weekly Salad: House Salad

Monday June 22, 2020

Soup: Creamy Broccoli and Cheddar Soup 

Entree: A: Chicken Cordon Bleu
B: Lemon Dill Salmon




Side Dish: Chive Scalloped Potatoes 
Roasted Carrots 
Sauteed Quinoa & Kale 

Dessert: Tapioca Parfait or
Sugar Free Apple Pie 

Tuesday June 23, 2020

Soup: Hearty Turkey & Noodle Soup 

Entree: A: Soft Carne Asada Tacos
B: Coconut Shrimp




Side Dish: Cilantro Lime Basmati Rice 
Mexican Vegetable Mix 
Steamed Fresh Broccoli 

Dessert: Vanilla Caramel Flan or
Sugar Free Chocolate Mousse 

Wednesday June 24, 2020

Soup: Vegetarian Lentil Soup 

Entree: A: Fried Pork Chop
B: Salmon Florentine



Side Dish: Lemon Herb Roasted Potatoes 
Corn O'Brien 
Parmesan Crusted Cauliflower 


Dessert: Mixed Berry Apple Crisp or
Sugar Free Cheesecake 

Thursday June 25, 2020

Soup: Hearty Beef Vegetable Soup

Entree: A: Herb Roasted Cornish Game Hen
B: Homemade Crab Cake






Side Dish: Couscous with Zucchini and Peppers
Oven Roasted Butternut Squash 
Steamed Green Beans & Carrots 


Dessert: Double Chocolate Walnut Brownies or
Sugar Free Lemon Mousse 

Friday June 26, 2020


Soup: Matzo Ball Soup

Entree: A: Texas BBQ Beef Brisket
B: Greek Grilled Salmon






Side Dish: Baked Sweet Potato 
Asparagus Parmesan 
Broccoli & Cauliflower 

Dessert: Cheese Blintz with Fruit Topping or
Sugar Free Apple Pie 

Saturday June 27, 2020

Soup: Creamy Tomato Basil Bisque 

Entree: A: Chicken Parmesan
B: Macadamia Crusted Mahi Mahi 







Side Dish: Spaghetti with Olive Oil & Garlic 
Basil Ratatouille 
Steamed Fresh Spinach 


Dessert: Roasted Pears or
Sugar Free Carrot Cake 

Sunday June 28, 2020

Soup: Lighthouse Clam Chowder 

Entree: A: Southern Style Beef Stew
B: Lobster Mac & Cheese

Side Dish: Turmeric Basmati Pilaf 
Whole Green Beans 
Moroccan Roasted Vegetable 

Dessert: Chocolate Cream Pie or
Sugar Free Strawberry Mousse 

Vegetarian options:

- Impossible Burger with French Fries or Onions Rings
- Crispy Tofu & Vegetable Stir Fry

Always Available:

- Meatball Sub Sandwich w/ Chips
- Angus Burger with French Fries or Onion Rings

One Beverage available:

Water, Coke, Diet Coke, 7up, Diet 7up, Diet Root Beer, Ginger ale, Regular or Decaf Lipton Tea Bag, Crystal Light, Orange, Apple or Cranberry Juice