

## Lunch & Daily Specials

Served from 10:30 a.m. until 2:30 p.m.

### Monday

Beef Tips & Noodles	4.19
Ham & Beans with Cornbread	3.09
Broasted Chicken Breast	
with Dressing & Vegetable	4.49
*Chicken Tetrizzini <i>ala carte</i>	3.29

### Tuesday

*Meat Loaf <i>ala carte</i>	3.39
Chicken & Noodles	3.39
*Beef Lasagna <i>ala carte</i>	3.29
Frank & Kraut	
with Mashed Potatoes	4.09
Coney Dog with relish, onions	
And cheese	2.89

### Wednesday

*Swiss Steak <i>ala carte</i>	3.29
*Catfish Nuggets <i>ala carte</i>	3.39
*Liver & Onions <i>ala carte</i>	3.29
Chicken Pot Pie & Roll	3.69
Honey Baked Chicken Breast	
with Rice Pilaf & Vegetable	5.29

### Thursday

Pan Fried Chicken	
*Breast and Wing <i>ala carte</i>	3.39
Thigh and Leg <i>ala carte</i>	3.09
*Swedish Meatballs & Noodles	3.39
*Turkey Meat Loaf <i>ala carte</i>	3.39

### Friday

Spaghetti with Meat Sauce	4.19
*Country Fried Steak <i>ala carte</i>	3.29
*Alaskan Pollock <i>ala carte</i>	3.39
*Mushroom Steak <i>ala carte</i>	3.29

### Best Value Meal

Entrees marked with an \* served with two vegetables for only 5.29

\*Roast Beef *ala carte* 3.29

Beef Manhattan with Mashed Potatoes			
Half	3.99	Full	4.99

Chicken Strips	4.99
<i>Served with french fries and cole slaw.</i>	
Shrimp Dinner	4.99
<i>Served with french fries and cole slaw.</i>	

### Salads

Grilled Chicken Salad Plate	5.69
<i>A generous bed of greens topped with sliced egg, diced tomato, cucumber, shredded cheddar and a 5 ounce grilled sliced chicken breast.</i>	
Chef's Salad	4.89
<i>A generous bed of greens topped with sliced egg, diced tomato, cucumber, shredded cheddar and sliced turkey.</i>	
Taco Salad	4.89
<i>A fried tortilla shell filled with shredded lettuce then topped with taco seasoned beef, diced tomato, shredded cheddar, mild peppers, black olives and served with sour cream and salsa on the side.</i>	
Chicken Salad Plate	4.89
<i>A generous bed of greens topped with sliced egg, diced tomato, cucumber, shredded cheddar and topped with all white meat chicken salad.</i>	
Tuna Salad Plate	4.89
<i>A generous bed of greens topped with sliced egg, diced tomato, cucumber, shredded cheddar and topped with tuna salad.</i>	
7-Layer Salad	1.79
Tossed Salad	1.79
Apple Salad or Fruit Salad	1.29
Cottage Cheese	1.29
Cole Slaw	1.10
Pickled Beets	1.10
Cucumber Salad & Onion Salad	1.10
Bean or Pea Salad	1.10

### Hot Sandwiches

Hamburger	2.49
<i>1/3 lb. 100% ground beef, served on a kaiser bun.</i>	
<i>Add Swiss or American cheese.</i>	.30
Double Cheeseburger	3.79
<i>2/3 lb. ground beef with Swiss or American cheese.</i>	
Grilled Ham & Cheese Sandwich	3.89
<i>Lean ham with Swiss or American cheese served on grilled white or wheat bread.</i>	
Jumbo Grilled Cheese Sandwich	2.79
<i>Four sliced of American cheese on grilled sour dough.</i>	
BBQ Pork Sandwich	3.59
<i>Prepared with our own special recipe BBQ sauce and served on a kaiser roll.</i>	
Fish Filet Sandwich	3.59
<i>A filet of codfish with lettuce, tomato and our homemade tarter sauce served on a kaiser roll.</i>	
Grilled Chicken Breast Sandwich	4.09
<i>A 5 oz. grilled chicken breast with lettuce and tomato served on a kaiser roll.</i>	
Giant Tenderloin Sandwich	4.29
<i>This one is folded in half to fit on the kaiser roll.</i>	
Corned Beef Ruben Sandwich	4.59
<i>Eye of round corned beef, sauerkraut, Thousand Island dressing and Swiss on grilled swirl rye bread.</i>	
Chicken Strip Wrap	3.99
<i>Fried chicken strips, shredded lettuce, diced tomatoes and ranch dressing rolled up into a honey wheat tortilla wrap.</i>	
Grilled Chicken Wrap	4.19
<i>A 5 oz. grilled chicken breast, shredded lettuce, diced tomatoes and ranch dressing rolled up into a honey wheat tortilla wrap.</i>	
Philly Cheese steak	4.69
<i>Grilled beef, sautéed onions and peppers with Swiss cheese.</i>	

## Melts

Patty Melt	4.09
<i>1/3 lb. beef patty, melted American and Swiss cheese with sautéed onion on grilled marble rye bread.</i>	
Turkey Melt	4.49
<i>Grilled turkey (99% fat free), bacon, Swiss cheese and tomato slices served on grilled sour dough bread.</i>	
Veggie Melt	3.19
<i>Fresh cucumber, tomato slices, lettuce with Swiss and American cheese on grilled whole wheat bread.</i>	
Tuna Melt	4.09
<i>Tuna salad with American cheese on grilled marble rye bread.</i>	

## Cold Sandwiches

The B.L.T. Sandwich	3.09
<i>Bacon, lettuce, tomato and salad dressing on toasted white or whole wheat toast.</i>	
The Club Sandwich	4.29
<i>Lean ham, turkey, bacon, lettuce, tomato, Swiss and American cheese with salad dressing arranged triple Decker on toasted white or whole wheat toast.</i>	
Chicken Salad Sandwich	3.29
<i>White meat chicken salad served on white or whole wheat bread.</i>	
Tuna Salad Sandwich	3.29
<i>Tuna salad served on your choice of white or whole wheat bread.</i>	
Turkey Wrap	3.99
<i>99% fat free turkey, shredded lettuce, diced tomato and ranch dressing rolled up into a honey wheat tortilla wrap</i>	

## Homemade Soups

Small	1.79	Regular	2.19
Our signature low fat vegetarian vegetable soup is available daily.			

## Homemade Chili

Served with onions & cheddar cheese			
Small	2.19	Regular	3.19

## Sides

Vegetable of the day	1.10
French Fries	1.29
Frito Lay Chips & Pretzels	.79

## Beverages

Soft Drinks-free refills	Small	1.09
	free refills	Regular 1.37
Coca Cola-Diet Coke-Cherry Coke		
Sprite-Caffeine Free Diet Coke		
Minute Maid Lemonade-Raspberry		
Iced Tea-Barqs Root Beer		
Snapple 16oz. bottled beverages		1.19
Elements 20 oz. bottles		1.49
Poland Springs bottled water		.99
Fresh Brewed Iced Tea	Small	1.09
	Regular	1.37
Superior brand coffee-free refills		
	Small	.94
	Regular	1.23
Hot Tea/Hot Cocoa		.94
Milk		.94
Juice		1.09

## Desserts

Gabriel's Cafeteria features a number of homemade\* pies and desserts.

*Chocolate Cream Pie	1.85
*Chocolate Peanut Butter Cream	1.85
*Coconut Cream Pie	1.85
Apple Pie	1.85
Cherry Pie	1.85
Pumpkin Pie-seasonal	1.85
Southern Pecan Pie	1.85
*Fresh Strawberry Pie-seasonal	1.85
Sweet Potato Pie-seasonal	1.85
Tapioca Pudding	1.19
Cherry Jell-O	1.19

### Cobbler of the Day

Top off your afternoon with one of our homemade cobblers. Variety varies from day to day. Choose from Peach, Apple or Cherry.

1.69

**Whole Pies Available** 9.50  
24 Hour Advanced Notice

*All Items Available for  
Carry Out*

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Office Gathering or Event