



A PRIVATE NONPROFIT

Back Door Deli Weekly Specials for March 2nd – March 6th

Breakfast from 8am-- 11am, M-F

Lunch from 11am – 2:00 pm, M-F

(805) 681-996

Monday, March 2nd

Hot Cereal: S: \$3.25 L: \$ 3.85

Breakfast special: Pancakes w/Bananas- 3 made to order pancakes with a whole banana sliced on top and maple syrup \$4.75

Soup: Minestrone – Elbow macaroni, onions, celery, carrots, potatoes and cabbage. S: \$3.25 L: \$ 3.85

Healthy Choice: Spinach Salad and Soup—Pears, walnuts, feta cheese, tomatoes, and onions. \$7.25

Special: Veggie Quesadilla- Grilled red & green peppers, onions, and zucchini, stuffed with cheese served with a garden salad. \$6.95

Tuesday, March 3rd

Hot Cereal: S: \$3.25 L: \$ 3.85

Breakfast special: Garden Omelet – 2 eggs, onions, red peppers, tomatoes, and cheddar cheese. \$5.75

Soup: Chicken Pozole S: \$3.25 L: \$ 3.85

Healthy Choice: Grilled Chicken and Zucchini- Whole wheat bread, grilled chicken breast, grilled zucchini, tomatoes, red onion, iceberg lettuce, and light mayo served with a side salad. \$7.25

Latin Special: Taco Tuesday!!-2 Chicken crispy or soft tacos- seasoned chicken, lettuce, tomatoes, onions and cheddar jack cheese W/Spanish rice - \$6.95

Wednesday, March 4th

Hot Cereal: S: \$3.25 L: \$ 3.85

Breakfast special: Denver Omelet - 2 eggs, green & red bell peppers, onions, ham, and cheddar cheese \$5.75

Soup: Chicken and Rice – Chicken, rice, carrots, celery, onions, and garlic S: \$3.25 L: \$3.85

Healthy Choice: : Turkey Burger- Turkey burger with mayo, mustard, pickles, tomatoes, red onion, and American cheese wrapped in Romaine lettuce served with a side salad. \$6.95

Latin Special: Wet Burrito –Flour Tortilla filled caritas, tomatoes, beans, onions, corn, and cheese, topped off with a green sauce, cilantro & sour cream. \$6.95

Thursday, March 5th

Hot Cereal: S: \$3.25 L: \$ 3.85

Breakfast special: Spinach and Mushroom Omelet- 2 eggs, onions, spinach, mushroom, and Swiss cheese \$5.75

Soup: Tortilla S: \$3.25 L: \$3.85

Healthy Choice: Chicken Veggie Wrap – Sundried flour tortilla, grilled chicken breast, tomatoes, cucumbers, onion lettuce and cream cheese served with a side salad. \$7.25

Latin Special: Chile Rellenos W/ Rice & Tortillas: Roasted Pepper stuffed with cheese served with white rice and tortillas. \$6.95

Friday, March 6th

Hot Cereal: S: \$3.25 L: \$3.85

Breakfast special: French toast w/fruit- 2 pieces of Texas toast light egg battered French toast w/ a side of fruit. \$4.75

Soup: Albondigas – Meatballs, onions, celery, carrots, rice, and potatoes. S: \$2.75 L: \$3.25

Healthy Choice: Grilled Chicken Pita- Pita bread, grilled chicken breast, tomatoes, cucumbers, onion, lettuce, and cream cheese served with a side salad. \$7.25

Latin Special: Fish Fajitas- blend of vegetables and two tortillas. \$6.95

Menu is subject to change depending upon availability