



Watch for  
Mindful

Menu Solutions...

Look for the Mindful icon to find  
your way to better nutrition.

*Celebrate American Heritage  
Month!!*

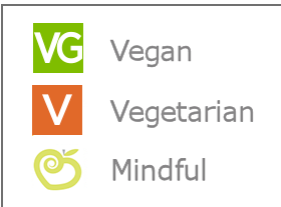
### Hours

Monday - Friday: 7:00am to 7:00pm

### Managers

General Manager: David Alexander  
x8325

Executive Chef: Lexie Smith x8470



# ISLAND SKILLET

Week of Monday September 2

## Monday

Soup: All Natural Turkey Chili

Entree: Cajun Turkey Breast   
Orange Glazed Pork Loin  
Steamed Broccoli and Red Peppers   
Brown Rice & Barley Pilaf   
Grilled Corn Cobbette

## Tuesday

Soup: Cajun Beef & Vegetable Soup

Entree: Shepherd's Pie with Parsnip Potatoes   
Fried Breaded Chicken Tenders  
Roasted Cauliflower   
Lightly Spiced Fresh Carrots

## Wednesday

Soup: Chicken & Dumplings Soup (Mindful)

Entree: Balsamic Herb Roast Turkey   
Chicken Piccata  
Cranberry Walnut Wild Rice   
Potato, Artichoke & Red Pepper Salad   
Green Beans Oregano

## Thursday

Soup: Cabbage & White Bean Soup (Mindful)

Entree: BBQ Pulled Pork Sandwich   
Turkey Tetrazzini   
Grilled Zucchini with Coriander   
Glazed Fresh Carrots   
Apple Carrot Slaw with Mint

## Friday

Soup: Classic New England Clam Chowder

Entree: Beef Stroganoff with Noodles   
Balsamic Garlic Chicken Breast   
Roasted Vegetable   
Fu Fu - Mashed Yams and Plantains

## Saturday

## Sunday