



Watch for  
Mindful

Menu Solutions...

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

*Celebrate American Heritage  
Month!!*

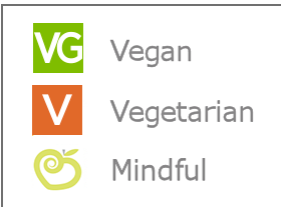
Hours

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

Managers

General Manager: David Alexander  
x8325

Executive Chef: Lexie Smith x8470



# ISLAND SKILLET

Week of Monday September 23

## Monday

Soup: Thai Chicken & Rice Soup (Mindful)  
Entree: Irish Beef Stew   
Turkey, Ham & Bacon Club  
Peas & Mushrooms   
Broccoli & Carrot Medley   
Chive Scalloped Potatoes

## Tuesday

Soup: Potato Soup with Kale & Chorizo  
Entree: Spanish-Style Grilled Chicken Breast   
Beef Enchiladas  
Black Bean & Rice Medley   
Yellow Squash, Red Pepper & Peas Saute   
Spanish Style Garbanzo Beans

## Wednesday

Soup: Asian Chicken Soup (Mindful) 16 oz  
Entree: Balsamic Herb Roast Turkey   
BBQ Pork Loin  
Fresh Carrots with Fresh Ginger   
Fresh Corn on the Cob   
Old Bay Wedge Cut Fries

## Thursday

Soup: Split Pea & Sausage Soup (Mindful)   
Entree: Caesar Chicken Breast   
Lasagna Bolognese with Ricotta  
Balsamic Roasted Vegetables   
Cauliflower Mash   
Garlic Rosemary Breadsticks

## Friday

Soup: New England Style Clam Chowder  
Entree: Roast Beef & Ricotta Panini   
Baked BBQ Chicken  
Green Beans with Oregano   
Herb Roasted Butternut Squash & Leeks   
Sauteed Cabbage & Onion

## Saturday

## Sunday