



Watch for
Mindful

Menu Solutions...

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

*Celebrate American Heritage
Month!!*

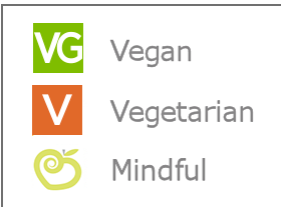
Hours

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