



Watch for
Mindful

Menu Solutions...

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

*Celebrate American Heritage
Month!!*

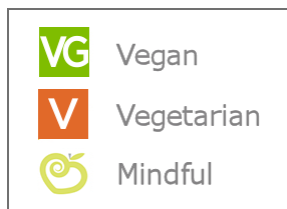
Hours

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

Managers

General Manager: David Alexander
x8325

Executive Chef: Lexie Smith x8470



ISLAND SKILLET

Week of Monday September 9

Monday

Soup: Italian Sausage Chili
Entree: Tuscan Style Roast Turkey
Blueberry BBQ Pork Loin
Green Beans and Ginger
Mashed Sweet Potatoes

Tuesday

Soup: Cuban Black Bean Soup (Mindful)
Entree: Baja Beef Sandwiches
Chicken Enchilada
Fiesta Rice (LS)
Mexican Grilled Corn on the Cob
Butternut Squash & Lentils

Wednesday

Soup: Harvest Broccoli Soup (Mindful)
Entree: Thai Beef Curry
Chipotle Pineapple Chicken Breast
Garlic Lemon Ginger Broccoli
Grilled Yellow Squash
ChickPeas and Rice

Thursday

Soup: Louisiana Seafood Gumbo
Entree: Turkey Meatloaf
Grilled Chicken Cordon Blue Sandwich
Baked Mashed Potatoes & Sour Cream
Four Cheese Creamy Mac & Cheese
Butter Bean

Friday

Soup: Classic New England Clam Chowder
Entree: Smoked Salmon Lasagna
Fried Chicken Tenders
Broccoli, Cauliflower & Carrots
Peas and Mushrooms
Vienna Dinner Roll

Saturday

Sunday