



August 13th – August 19th

Sunday Lunch 8/13/17

Cream of Broccoli Soup \$ 1.29
Marinated Vegetable Salad

Entrées

Carved Prime Rib \$ 5.59
Stuffed Flounder \$ 3.59

Sides (\$.99)

Broccoli Mixed Vegetables
Macaroni and Cheese Creamy Potatoes
Assorted Desserts

David Borchik – Director of Food Services

Matthew Stanlev – Executive Chef

Dining Room Hours

Breakfast (Skylight only) 7:30 am – 9:30 am
Lunch (Skylight Dining Room) 11:00 am – 1:00 pm
Lunch (Crystal Café) 11:00 am – 3:00 pm
Dinner (Skylight Dining Room) 4:00 pm – 6:00 pm
Dinner (Crystal Dining Room) 4:00pm – 6:30 pm

Independent Living Meal Delivery Service

You can have meals delivered to your apartment for a \$3 fee.
Skylight DR: 632-2322 Crystal DR: 632-2325
Delivery service is available during normal hours of operation

Monday Lunch 8/14/17

Mexican Siesta Soup \$ 1.29
Black and Blue Salad

Entrées

Soft Beef Taco \$ 1.99
Baked Chicken Thigh \$ 2.69
*Roasted Portobello Cobb Salad With Pita** \$ 5.99

Sides (\$.99)

Roasted Peppers & Onions Zucchini
Mexican Rice (\$.69) Creamed Corn
Assorted Desserts

Monday Dinner 8/14/17

Three Onion Soup \$ 1.29
Black and Blue Salad

Entrées

BBQ Pork Sandwich on Bun \$ 2.79
Shrimp & Grits \$ 3.49

Sides (\$.99)

Cauliflower Okra & Tomatoes
Baked Beans Cornbread
Assorted Desserts

Tuesday Lunch 8/15/17

Pasta Fagioli Soup \$ 1.29
Carrot Raisin Salad

Entrées

Chicken Marsala \$ 3.39
Bratwurst & Sauerkraut on Hoagie \$ 3.59
*Roasted Portobello Cobb Salad With Pita** \$ 5.99

Sides (\$.99)

Yellow Squash Grilled Vegetables
Egg Noodles (\$.69) Tater Tots
Assorted Desserts

Tuesday Dinner 8/15/17

Chicken Pot Pie Soup \$ 1.29
Carrot Raisin Salad

Entrées

Spanish Paprika Strip Loin \$ 2.19
Oven Baked Trout \$ 5.59

Sides (\$.99)

California Vegetables Collard Greens
Au Gratin Potatoes Black-Eyed Peas
Assorted Desserts

Wednesday Lunch 8/16/17

Carrot Soup \$ 1.29
Three Bean Salad

Entrées

Coconut Tilapia w/ Kiwi Mango Salsa \$ 5.49
Glazed Teriyaki Chicken Breast \$ 2.39
*Roasted Portobello Cobb Salad With Pita** \$ 5.99

Sides (\$.99)

Caribbean Blend Vegetable Fried Rice
Plantains Snow Peas
Assorted Desserts

Wednesday Dinner 8/16/17

Stir Fry Night @ the Skylight Dining Room

Italian Wedding Soup (Crystal ONLY) \$ 1.29
Three Bean Salad (Crystal ONLY)

Entrées

Beef Pot Roast (Crystal ONLY) \$ 3.29
Eggplant Parmesan (Crystal ONLY) \$ 1.69

Sides (CRYSTAL ONLY) (\$.99)

Broccoli Zucchini
Herbed Potatoes Pasta (\$.69)
Assorted Desserts



August 13th – August 19th

Thursday Lunch 8/17/17

Mediterranean Lentil Soup \$ 1.29
Waldorf Salad

Entrées

Meatloaf \$ 1.99
Greek Gyro \$ 3.29
Roasted Portobello Cobb Salad With Pita* \$ 5.99

Sides (\$.99)

Parmesan Tomatoes Carrots
Cheddar Mashed Potatoes Waffle Fries (\$1.19)
Assorted Desserts

Thursday Dinner 8/17/17

Spring Vegetable Soup \$ 1.29
Waldorf Salad

Entrées

Lemon Chicken Breast \$ 2.89
Liver & Onions \$ 2.19

Sides (\$.99)

Creamed Spinach Beets
Wild Rice (\$.69) Buttered Egg Noodles
Assorted Desserts

Friday Lunch 8/18/17

Chickpea & Tortellini Soup \$ 1.29
Caesar Salad

Entrées

Baked Breaded Cod \$ 3.19
Assorted Pizza \$ 2.29
Roasted Portobello Cobb Salad With Pita* \$ 5.99

Sides (\$.99)

Cauliflower Roasted Vegetables
Potatoes Au Gratin Tater Tots
Assorted Desserts

Friday Dinner 8/18/17

Mama's Kitchen Soup \$ 1.29
Caesar Salad

Entrées

Fried Chicken
Leg \$ 1.79 Thigh \$ 2.69 Breast \$ 3.59
Baked Ziti \$ 1.79

Sides (\$.99)

Collard Greens Italian Green Beans
Herbed Potatoes Garlic Bread (\$.49)
Assorted Desserts

Saturday Lunch 8/19/17

Beef Barley Soup \$1.29
Spinach Salad

Entrées

Rosemary Chicken Breast \$ 2.09
Cuban Mojo Pork \$ 2.39

Sides (\$.99)

Capri Vegetables Broccoli
Roasted Red Potatoes Yellow Rice with Black Beans
Assorted Desserts

Saturday Dinner 8/19/17

Egg Drop Soup \$ 1.29
Spinach Salad

Entrées

Pecan Encrusted Sautéed Catfish \$ 5.49
Thai Citrus Beef Stir Fry \$ 4.79

Sides (\$.99)

Mixed Vegetables Asparagus (\$1.29)
Corn Jasmine Rice (\$.69)
Assorted Desserts

**Mindful Weekly Menu Special*