



October 1st – October 7th

Sunday Lunch 10/1/17

Butternut Squash Soup \$ 1.29
JKV Salad

Entrées

Carved Smoked Brisket \$ 4.49
Crispy Parmesan Pollock \$ 3.59

Sides (\$.99)

Garlic Broccoli Roasted Golden Beets
Sweet Potato Casserole Macaroni and Cheese
Assorted Desserts

David Borchik – Director of Food Services

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 10/2/17

Cream of Broccoli Soup \$ 1.29
Dijon Potato Salad

Entrées

Chicken Spaghetti \$ 1.89
Jerk Pork w/ Mango Salsa \$ 2.49
*Dijon Turkey Burger With Apple Chutney** \$ 3.49

Sides (\$.99)

Parmesan Tomatoes Zucchini
Garlic Bread Sticks (\$.49) Red Beans & Rice
Assorted Desserts

Monday Dinner 10/2/17

Chicken Ditalini Soup \$ 1.29
Dijon Potato Salad

Entrées

Country Fried Steak \$ 5.19
Crab Imperial Stuffed Flounder \$ 3.59

Sides (\$.99)

Peas & Pearl Onions Lima Beans
Mashed Potatoes Barley Pilaf with Mushrooms
Assorted Desserts

Tuesday Lunch 10/3/17

Chicken Noodle Soup \$ 1.29
Spinach Orange Blueberry Salad

Entrées

Meatloaf \$ 2.29
Bistro Turkey Sandwich on Wheat \$ 2.89
*Dijon Turkey Burger With Apple Chutney** \$ 3.49

Sides (\$.99)

Snap Peas Mixed Vegetables
Scalloped Potatoes -
Assorted Desserts

Tuesday Dinner 10/3/17

Michigan White Bean Soup \$ 1.29
Spinach Orange Blueberry Salad

Entrées

Stuffed Shells w/ Marinara Sauce \$ 2.29
Crispy Garlic Ginger Chicken Wings \$.59 each

Sides (\$.99)

Spinach Home Style Vegetables
Garlic Bread (\$.49) French Potato Wedges
Assorted Desserts

Wednesday Lunch 10/4/17

Italian Wedding Soup \$ 1.29
Caesar Salad

Entrées

Lemon Dill Haddock \$ 3.09
Cowboy Burger \$ 3.99
*Dijon Turkey Burger With Apple Chutney** \$ 3.49

Sides (\$.99)

Asparagus (\$1.29) Mixed Vegetables
Roasted Potatoes Garlic Bread Sticks (\$.49)
Assorted Desserts

Wednesday Dinner 10/4/17

Steak & Lobster Night @ the Skylight Dining Room

Eggplant Parmesan Soup (CRYSTAL ONLY) \$ 1.29
Caesar Salad (CRYSTAL ONLY)

Entrées

Balsamic Herb Turkey (CRYSTAL ONLY) \$ 2.89
Italian Sausage with Onion & Pepper (CRYSTAL ONLY) \$ 2.79

Sides (CRYSTAL ONLY) (\$.99)

Broccoli Italian Mixed Vegetables
Apple Cranberry Stuffing Garlic Bread (\$.49)
Assorted Desserts



October 1st – October 7th

Thursday Lunch 10/5/17

Potato Leek Soup \$ 1.29
 Marinated Vegetable Salad

Entrées

Basil & Chive Chicken \$ 3.59
 Philly Steak Sandwich \$ 2.29
 Dijon Turkey Burger With Apple Chutney* \$ 3.49

Sides (\$.99)

Snap Peas Southern Green Beans
 Baked Artichoke w/Tomato Bowtie Pasta Dinner Roll (\$.49)

Assorted Desserts

Thursday Dinner 10/5/17

Beef Barley Soup \$ 1.29
 Marinated Vegetables Salad

Entrées

BBQ Ribs \$ 4.29
 Broiled Cod \$ 3.19

Sides (\$.99)

Carrots Ratatouille
 Cornbread (\$.59) Aztec Rice

Assorted Desserts

Friday Lunch 10/6/17

Pasta Fagioli Soup \$ 1.29
 Pineapple Cucumber Salad

Entrées

Chicken Fajitas \$ 3.49
 Assorted Pizza \$ 2.29
 Dijon Turkey Burger With Apple Chutney* \$ 3.49

Sides (\$.99)

Mexican Vegetables Broccoli
 Pinto Beans White Rice (\$.69)

Assorted Desserts

Friday Dinner 10/6/17

Artichoke & Spinach Soup \$ 1.29
 Pineapple Cucumber Salad

Entrées

Turkey & Butternut Squash Bake \$ 3.59
 Apple Ginger Pork Roast \$ 2.69

Sides (\$.99)

Green Beans Green Peas
 Roasted Red Potatoes Roasted Spice Apples

Assorted Desserts

Saturday Lunch 10/7/17

Lentil w/Sausage Soup \$ 1.29
 Corn, Cherry Tomato Arugula Salad

Entrées

Grilled Fish Sandwich \$ 2.99
 Chicken Stir Fry w/ Blood Orange Sauce \$ 3.09

Sides (\$.99)

Carrots Cantonese Vegetables
 Tater Tots Brown Rice (\$.69)

Assorted Desserts

Saturday Dinner 10/7/17

Portuguese Bean Soup \$ 1.29
 Corn Cherry Tomato Arugula Salad

Entrées

Chicken Kiev \$ 2.49
 Beef Pot Roast \$ 3.29

Sides (\$.99)

Italian Vegetables Turnip Greens
 Egg Noodles (\$.49) Garlic Bread (\$.49)

Assorted Desserts

*Mindful Weekly Menu Special