



February 26th – March 4th
Week 5

<p align="center"><u>Sunday Lunch 2/26/17</u></p> <p>Cream of Broccoli \$ 1.29 Caesar Salad Beef Medallions \$ 5.59 Stuffed Flounder w/ Red Pepper Sauce \$ 3.59 Sides (\$.99 each) Herb Roasted Potatoes Rice Pilaf Asparagus Tips Garlic Broccoli Apple Crisp \$ 1.69 Pears \$.69</p>	<p align="center">David Borchik – Director of Food Services Roger Bailey – Executive Chef</p> <p align="center">Dining Room Hours</p> <p>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</p> <p align="center">Independent Living Meal Delivery Service</p> <p>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</p>
<p align="center"><u>Monday Lunch 2/27/17</u></p> <p>Black Bean Soup \$ 1.29 Bow Tie & Roasted Vegetable Salad Beef Fajita \$ 2.49 Couscous Stuffed Turkey Breast \$ 3.29 <i>Jalapeno Chicken Wrap*</i> \$ 2.49 Sides (\$.99 each) Mexican Vegetables Carrots Mexican Rice Sweet Potato Casserole Coffee Cake \$ 1.69 Fruit Cocktail \$.69</p>	<p align="center"><u>Monday Dinner 2/27/17</u></p> <p>Beef Noodle Soup \$ 1.29 Bow Tie & Roasted Vegetable Salad Shrimp & Grits \$ 3.49 BBQ Pork Sandwich on Bun \$ 2.39 Sides (\$.99 each) Southern Green Beans Cauliflower Rice (\$.69) Baked Beans Pecan Pie \$ 2.69 Fruit Cocktail \$.69</p>
<p align="center"><u>Tuesday Lunch 2/28/17</u></p> <p>Canadian Cheese Soup \$ 1.29 Carrot Raisin Salad Beef Ragu over Pasta \$ 2.29 Bratwurst & Sauerkraut \$ 2.79 <i>Jalapeno Chicken Wrap*</i> \$ 2.49 Sides (\$.99 each) Vegetable Medley (\$1.19) Brussels' Sprouts Farfalle Pasta (\$.69) Hot German Potato Salad (\$.69) Chocolate Brownie \$ 1.89 Peaches \$.69</p>	<p align="center"><u>Tuesday Dinner 2/28/17</u></p> <p>Loaded Baked Potato Soup \$ 1.29 Carrot Raisin Salad Salmon Cake \$ 2.29 Southern Fried Chicken <i>Breast \$ 4.19 Thigh \$ 2.69 Leg \$ 1.79</i> Sides (\$.99 each) California Vegetables Black-Eyed Peas Roasted Potatoes Collard Greens Banana Pudding \$ 1.09 Peaches \$.69</p>
<p align="center"><u>Wednesday Lunch 3/1/17</u></p> <p>Corn Chowder \$ 1.29 Pasta Salad Caramelized Ginger Chicken with Kale \$ 4.99 Baked Fish Sandwich \$ 3.99 <i>Jalapeno Chicken Wrap*</i> \$ 2.49 Sides (\$.99 each) Broccoli Harvard Beets Jasmine Rice (\$.69) Hush Puppies (\$1.09) Pumpkin Pie \$ 1.69 Pineapple \$.69</p>	<p align="center"><i>Seafood Buffet @ the Skylight Dining Room</i> <u>Wednesday Dinner 3/1/17</u> (CRYSTAL ONLY)</p> <p>Italian Wedding Soup (CRYSTAL ONLY) \$ 1.29 Pasta Salad (CRYSTAL ONLY) Cuban Mojo Pork (CRYSTAL ONLY) \$ 2.69 Eggplant Parmesan (CRYSTAL ONLY) \$ 1.29 Sides (CRYSTAL ONLY) Grilled Vegetables (\$1.29) Sautéed Spinach (\$1.29) Cuban Black Beans (\$.69) Spaghetti (\$.69) Cherry Cheesecake Bar (CRYSTAL ONLY) \$ 1.69 Pineapple (CRYSTAL ONLY) \$.69</p>



February 26th – March 4th

Week 5

<u>Thursday Lunch 3/2/17</u>		<u>Thursday Dinner 3/2/17</u>	
Cream of Tomato Soup	\$ 1.29	Beef Barley Soup	\$ 1.29
Waldorf Salad		Waldorf Salad	
Cuban Sandwich	\$ 3.59	Open Faced Turkey Sandwich	\$ 1.79
Turkey Meatloaf	\$ 1.49	Liver and Onions	\$ 2.19
<i>Jalapeno Chicken Wrap*</i>	\$ 2.49		
Sides (\$.99 each)		Sides (\$.99 each)	
Mixed Vegetables	Sautéed Cabbage (\$.69)	Green Beans	Sautéed Vegetables
Tater Tots	Parsnip Potatoes	Skillet Sweet Potatoes	Rice Pilaf
Mango Rice Pudding	\$ 1.69	Bread Pudding	\$ 1.69
Applesauce	\$.69	Applesauce	\$.69
<u>Friday Lunch 3/3/17</u>		<u>Friday Dinner 3/3/17</u>	
Seafood Chowder	\$ 1.29	Chicken and Rice Soup	\$ 1.29
Apple Carrot Slaw		Apple Carrot Slaw	
Assorted Pizza	\$ 2.29	Chicken Cordon Bleu	\$ 3.39
Tuscan Herbed Swai	\$ 1.69	Beef Pot Pie	\$ 3.29
<i>Jalapeno Chicken Wrap*</i>	\$ 2.49		
Sides (\$.99 each)		Sides (\$.99 each)	
Mixed Vegetables	Parmesan Tomato	Yellow Squash	Broccoli
Macaroni & Cheese (\$1.09)	Au Gratin Potatoes	Herbed Potatoes	Rice (\$.69)
Apple Pie	\$ 1.99	Boston Cream Pie	\$ 1.99
Apricots	\$.99	Apricots	\$.99
<u>Saturday Lunch 3/4/17</u>		<u>Saturday Dinner 3/4/17</u>	
Steak & Potato Soup	\$ 1.29	Turkey Vegetable Soup	\$ 1.29
Spinach Salad		Spinach Salad	
BBQ Pork Cutlet	\$ 2.09	Basil Lemon Chicken Breast	\$ 2.59
Sweet Thai Turkey Burger	\$ 3.19	Sheppard's Pie	\$ 3.09
Sides (\$.99 each)		Sides (\$.99 each)	
Seasoned Green Beans	Roasted Vegetables	Mediterranean Vegetables (\$1.49)	Carrots
Baked Beans	Corn	Couscous (\$.69)	Lima Beans
Cookies and Cream Cheesecake	\$ 1.69	Spice Cake	\$ 1.69
Pineapple	\$.69	Pineapple	\$.69

**Weekly Menu Special*



March 5th – March 11th
Week 1

<u>Sunday Lunch 3/5/17</u>		David Borchik – Director of Food Services Roger Bailey – Executive Chef	
Cream of Mushroom Soup	\$ 1.29	Dining Room Hours	
Dijon Potato Salad		Breakfast (Skylight only)	7:30 am – 9:30 am
Carved Apricot Glazed Ham	\$ 2.99	Lunch (Skylight Dining Room)	11:00 am – 1:00 pm
Fried catfish	\$ 4.79	Lunch (Crystal Café)	11:00 am – 3:00 pm
Sides (\$.99 each)		Dinner (Skylight Dining Room)	4:00 pm – 6:00 pm
Corn on the cob (\$.69)	Broccoli	Dinner (Crystal Dining Room)	4:00pm – 6:30 pm
Hush Puppies	Collard greens	Independent Living Meal Delivery Service	
Pumpkin Pie	\$ 1.69	You can have meals delivered to your apartment for a \$3 fee.	
Sliced Apples	\$.69	Skylight DR: 632-2322 Crystal DR: 632-2325	
		Delivery service is available during normal hours of operation	
<u>Monday Lunch 3/6/17</u>		<u>Monday Dinner 3/6/17</u>	
Italian Wedding Soup	\$ 1.29	Seafood Chowder Soup	\$ 1.29
Broccoli Salad		Broccoli Salad	
Baked Chicken Wings	\$.59 each	Broiled Salmon	\$ 5.29
Roast Beef with Cherry Pepper Relish Panini	\$ 2.29	Stuffed Cabbage	\$ 2.99
BBQ Chicken Bacon Jam Sandwich & Potato*	\$ 5.29	Sides (\$.99 each)	
Sides (\$.99 each)		Turnip Greens	Mixed Vegetables
Cauliflower	Harvard Beets	Citrus Couscous	Skilled Sweet Potatoes
Baked Beans	Waffle Fries (\$1.19)	Pineapple Upside Down Cake	\$ 1.69
Cherry Pie	\$ 1.69	Pears	\$.69
Pears	\$.69		
<u>Tuesday Lunch 3/7/17</u>		<u>Tuesday Dinner 3/7/17</u>	
Chicken Tortilla Soup	\$ 1.29	French Onion Soup	\$ 1.29
Caesar Salad		Caesar Salad	
Cheese Enchiladas	\$ 3.29	Meat Lasagna with Marinara Sauce	\$ 2.99
BBQ Chicken Breast	\$ 3.59	Anise Roasted Pork Loin with Figs and Apples	\$ 3.89
BBQ Chicken Bacon Jam Sandwich & Potato*	\$ 5.29	Sides (\$.99 each)	
Sides (\$.99 each)		Italian Vegetables	Seasoned Zucchini
Mexican Vegetables	Mixed Vegetables	Bread Stick (\$.49)	Rutabaga
Corn	Harvard Beets	Tiramisu	\$ 3.99
Tapioca Pudding	\$ 1.09	Fruit Cocktail	\$.69
Fruit Cocktail	\$.69		
<u>Wednesday Lunch 3/8/17</u>		<i>Pasta Night @ the Skylight</i> Wednesday Dinner 3/8/17 (Crystal ONLY)	
Cream of Broccoli	\$ 1.29	Carrot Soup (Crystal ONLY)	\$ 1.29
Marinated Vegetable Salad		Marinated Vegetable Salad (Crystal ONLY)	
Basil & Chive Chicken	\$ 3.59	Pot Roast with Vegetables (Crystal ONLY)	\$ 3.09
French Dip Sandwich	\$ 3.99	Grilled Key West Tilapia (Crystal ONLY)	\$ 3.59
BBQ Chicken Bacon Jam Sandwich & Potato*	\$ 5.29	Sides (\$.99 each) (Crystal ONLY)	
Sides (\$.99 each)		Red Cabbage with Apples	Broccoli
Green Beans	Green Peas	Egg Noodles (\$.69)	Brown Rice (\$.69)
Macaroni & Cheese (\$1.09)	Mashed Sweet Potatoes	Cheesecake (Crystal ONLY)	\$ 2.69
Pecan Pie	\$ 2.69	Applesauce (Crystal ONLY)	\$.69
Apple Sauce	\$.69		



March 5th – March 11th
Week 1

<u>Thursday Lunch 3/9/17</u>		<u>Thursday Dinner 3/9/17</u>	
Chicken Noodle Soup	\$ 1.29	Tomato Soup	\$ 1.29
Southwest Black Bean Salad		Southwest Black Bean Salad	
Roasted Turkey		Veal Marsala	\$ 3.59
Carolina Pulled Pork Loaded Potato	\$ 3.79	Baja Mahi-Mahi	\$ 3.99
BBQ Chicken Bacon Jam Sandwich & Potato*	\$ 5.29		
Sides (\$.99 each)		Sides (\$.99 each)	
Green Bean Casserole	Fresh Grilled Vegetables	Harvard Beets	Caribbean Vegetables
Old-Fashioned Sage Stuffing	Corn	Gnocchi	Plantains
Chocolate Cream Pie	\$ 1.69	Yellow Cake With Icing	\$ 1.69
Peaches	\$.69	Peaches	\$.69
<u>Friday Lunch 3/10/17</u>		<u>Friday Dinner 3/10/17</u>	
Creamy Vegetable Soup	\$ 1.29	Cream of Asparagus	\$ 1.29
Three Bean Salad		Three Bean	
Assorted Pizza	\$ 2.29	Seafood Newburg	\$ 3.99
Reuben Sandwich	\$ 3.59	Bourbon Pork Chop	\$ 3.59
BBQ Chicken Bacon Jam Sandwich & Potato*	\$ 5.29		
Sides (\$.99 each)		Sides (\$.99 each)	
Zucchini	Green Beans	Mixed Vegetables	Broccoli Casserole
Macaroni & Cheese (\$1.09)	Waffle Fries (\$1.19)	Fettuccine (\$.69)	Parsley Potatoes
Peach Cobbler	\$ 1.69	Angel Food Cake	\$ 1.69
Tropical Fruit	\$.99	Tropical Fruit	\$.99
<u>Saturday Lunch 3/11/17</u>		<u>Saturday Dinner 3/11/17</u>	
Split Pea w/ Ham	\$ 1.29	Creamy Corn Chowder	\$ 1.29
Carrot Raisin Salad		Carrot Raisin Salad	
Chicken Piccata	\$ 3.59	Roasted Top Round	\$ 3.19
Sweet & Sour Pork	\$ 3.59	Tuscan Cod	\$ 3.59
Sides (\$.99 each)		Sides (\$.99 each)	
Carrots	Cantonese Vegetables	Ratatouille	Mixed Vegetables
Spaghetti (\$.69)	Fried Rice (\$.69)	O'Brien Potatoes (\$.69)	Golden Rice Pilaf (\$.69)
Chocolate Layer Cake	\$ 2.69	Bread Pudding with Sauce	\$ 1.69
Mandarin Oranges	\$.99	Mandarin Oranges	\$.99

*Weekly Menu Special



March 12th – March 18th
Week 2

<u>Sunday Lunch 3/12/17</u>		David Borchik – Director of Food Services Roger Bailey – Executive Chef	
Butternut Squash Soup	\$ 1.29	Dining Room Hours	
Pork Loin	\$ 3.59		
Parmesan Crusted Swai	\$ 3.59	Breakfast (Skylight only)	7:30 am – 9:30 am
Sides (\$.99 each)		Lunch (Skylight Dining Room)	11:00 am – 1:00 pm
Collard Greens	Harvard Beets	Lunch (Crystal Café)	11:00 am – 3:00 pm
Black Eyed Peas	Rice Pilaf	Dinner (Skylight Dining Room)	4:00 pm – 6:00 pm
Sweet Potato Pie	\$ 1.69	Dinner (Crystal Dining Room)	4:00pm – 6:30 pm
Fruit Cocktail	\$.69	<u>Independent Living Meal Delivery Service</u>	
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<u>Monday Lunch 3/13/17</u>		<u>Monday Dinner 3/13/17</u>	
Cream of Broccoli Soup	\$ 1.29	Beef Stroganoff Soup	\$ 1.29
Pasta Salad		Pasta Salad	
Chiofaro Turkey Sauté	\$ 2.59	Swedish Meatballs	\$ 3.09
Cuban Sandwich	\$ 3.59	Crab Imperial Stuffed Flounder	\$ 3.59
<i>Tahini Ginger Crunch Wrap*</i>	\$ 3.79	Sides (\$.99 each)	
Sides (\$.99 each)		Peas & Onions (\$1.09)	Lima Beans
Italian Vegetables	Grilled Peppers & Onions (\$1.19)	Egg Noodles (\$.69)	Rosemary Potatoes
Herbed Breadstick (\$.49)	Cuban Black Beans with Brown Rice	Cinnamon Streusel Cake	\$ 1.69
Lemon Meringue Pie	\$ 1.69	Applesauce	\$.69
Applesauce	\$.69		
<u>Tuesday Lunch 3/14/17</u>		<u>Tuesday Dinner 3/14/17</u>	
Pumpkin Coconut Soup	\$ 1.29	Michigan White Bean Soup	\$ 1.29
Carrot Raisin Salad		Carrot Raisin Salad	
Meatloaf	\$ 3.99	Italian Sausage w/Peppers and Onions	\$ 2.79
Turkey Avocado Brioche Sandwich	\$ 4.19	Chicken Savona	\$ 3.99
<i>Tahini Ginger Crunch Wrap*</i>	\$ 3.79	Sides (\$.99 each)	
Sides (\$.99 each)		Italian Green Beans	Brussels Sprouts
Collard Greens	Roasted Vegetables in Rosemary	Linguini	Scalloped Potatoes
Macaroni & Cheese (\$1.09)	Tater Tots	Banana Pudding	\$ 1.09
German Chocolate Cake	\$ 1.89	Peaches	\$.69
Peaches	\$.69		
<u>Wednesday Lunch 3/15/17</u>		<i>Stir Fry Night @ the Skylight Dining Room</i> <u>Wednesday Dinner 3/15/17</u> (CRYSTAL ONLY)	
Vegetable Soup	\$ 1.29	Split Pea Soup (CRYSTAL ONLY)	\$ 1.29
Caesar Salad		Caesar Salad (CRYSTAL ONLY)	
Cowboy Burger	\$ 3.99	Bourbon Pecan Crusted Catfish (CRYSTAL ONLY)	\$ 5.49
Tandoori Chicken	\$ 3.89	Baked Spaghetti with Meatballs (CRYSTAL ONLY)	\$ 2.99
<i>Tahini Ginger Crunch Wrap*</i>	\$ 3.79	Sides (\$.99 each) (CRYSTAL ONLY)	
Sides (\$.99 each)		Zucchini	Italian Vegetables
California Vegetables	Eggplant (\$1.09)	Rice Medley	Garlic Bread (\$.49)
Baked Beans	Saffron Rice (\$1.29)	Cookies and Cream Cheesecake (CRYSTAL ONLY)	\$ 2.69
Pumpkin Pie	\$ 1.69	Mandarin Oranges (CRYSTAL ONLY)	\$.69
Mandarin Oranges	\$.69		



March 12th – March 18th
Week 2

<u>Thursday Lunch 3/16/17</u>		<u>Thursday Dinner 3/16/17</u>	
Corn Chowder Soup	\$ 1.29	Lentil Soup	\$ 1.29
Waldorf Salad		Waldorf Salad	
Roasted Turkey	\$ 3.59	Baby Back Ribs	\$ 4.29
Philly Steak Sandwich	\$ 2.99	Mushroom Cheese Strata	\$ 1.29
<i>Tahini Ginger Crunch Wrap*</i>	\$ 3.79		
Sides (\$.99 each)		Sides (\$.99 each)	
Baby Carrots	Southern Green Beans	Mixed Vegetables	Zucchini
Sage Stuffing	Skillet Sweet Potatoes	Parsnip Whipped Potatoes	Confetti Couscous
Egg Custard Pie	\$ 2.69	Lemon Bar	\$ 1.69
Tropical Fruit	\$.99	Tropical Fruit	\$.99
<u>Friday Lunch 3/17/17</u>		<u>St. Patrick's Dinner 3/17/17</u>	
Pasta Fagioli	\$ 1.29	Tortilla Soup	\$ 1.29
Spinach Salad		Irish Pub Salad with Dubliner Cheese	
Assorted Pizza	\$ 2.29	Irish Beef Stew	\$ 1.89
Baked Cod	\$ 3.59	Chicken Marsala	\$ 3.89
<i>Tahini Ginger Crunch Wrap*</i>	\$ 3.79		
Sides (\$.99 each)		Sides (\$.99 each)	
Broccoli	Succotash	Sautéed Cabbage	Glazed Beets
Macaroni Cheese (\$1.09)	Brown Rice	Soda Bread (\$.49)	Aztec Rice Blend (\$1.29)
Blueberry Pie	\$ 1.89	Irish Cream Brownie	\$ 1.69
Pears	\$.69	Pears	\$.69
<u>Saturday Lunch 3/18/17</u>		<u>Saturday Dinner 3/18/17</u>	
Navy Bean Soup	\$ 1.29	Chicken Cacciatore Soup	\$ 1.29
Balsamic Zucchini & Pepper Salad		Balsamic Zucchini & Pepper Salad	
Baked Stuffed Pork Chop with Country Gravy	\$ 3.89	Shrimp Au Gratin	\$ 3.99
Thai Red Curry Chicken Salad Wrap	\$ 3.89	Swiss Steak	\$ 4.99
Sides (\$.99 each)		Sides (\$.99 each)	
Carrots	Eggplant (\$1.19)	Sautéed Spinach (\$1.09)	Italian Vegetables
Roasted Potatoes	Coconut Jasmine Rice	Fettuccini (\$.69)	Mashed Sweet Potatoes
Chocolate Brownie	\$ 1.89	Apple Cobbler	\$ 1.69
Pineapple	\$.69	Pineapple	\$.69

**Weekly Menu Special*



March 19th – March 25th

Week 3

<u>Sunday Lunch 3/19/17</u>		David Borchik – Director of Food Services Roger Bailey – Executive Chef	
Broccoli Cheddar Soup	\$ 1.29	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	
Caesar Salad			
Carved Baked Ham	\$ 2.99	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	
Baked Haddock w/ Fruit Chutney	\$ 3.59		
Sides (\$.99 each)			
Caribbean Vegetable Mix	Beets		
Oven Roasted Potatoes	Hush Puppies		
Peach Crisp	\$ 1.69		
Pears	\$.69		
<u>Monday Lunch 3/20/17</u>		<u>Monday Dinner 3/20/17</u>	
Black Bean Soup	\$ 1.29	Lentil Soup	\$ 1.29
Cabbage Tomato Slaw		Cabbage Tomato Slaw	
Herb Roasted Chicken Breast	\$ 3.59	Autumn Vegetables and Pork Chop	\$ 2.69
Cod w/ Lemon Basil Sauce	\$ 3.79	Thai Citrus Beef Stir Fry	\$ 4.79
Roasted Portobello Cobb Salad With Pita*	\$ 5.59	Sides (\$.99 each)	
Sides (\$.99 each)		Asparagus (\$1.89)	Asian Vegetables
Garlic Broccoli	Cauliflower & Cheese	Creamed Corn	Jasmine Rice (\$.69)
Gnocchi (\$ 1.29)	Orzo	Butterscotch Pudding	\$ 1.09
Coconut Cream Pie	\$ 1.69	Tropical Fruit	\$.99
Tropical Fruit	\$ 1.39		
<u>Tuesday Lunch 3/21/17</u>		<u>Tuesday Dinner 3/21/17</u>	
Tomato Soup	\$ 1.29	Cream of Celery Soup	\$ 1.29
Cucumber Salad		Cucumber Salad	
Italian Sausage	\$ 2.79	Corned Beef Brisket	\$ 5.79
White Bean Chicken Chili in Bread Bowl	\$ 3.19	Hawaiian Pollock	\$ 2.29
Roasted Portobello Cobb Salad With Pita*	\$ 5.59	Sides (\$.99 each)	
Sides (\$.99 each)		Sautéed Cabbage (\$.69)	Carrots
Creamed Spinach	Zucchini	Parsley Potatoes	Rice Pilaf
Au Gratin Potatoes	Assorted Roll (\$.49)	Chocolate Cream Pie	\$ 1.69
Lemon Bar	\$ 1.69	Applesauce	\$.69
Applesauce	\$.69		
<u>Wednesday Lunch 3/22/17</u>		Steak and Lobster Night @ the Skylight Dining Room <u>Wednesday Dinner 3/22/17</u> (CRYSTAL ONLY)	
Vegetable Soup	\$ 1.29	Italian Vegetable Soup (CRYSTAL ONLY)	\$ 1.29
Corn Cherry Tomato Arugula Salad		Corn Cherry Tomato Arugula Salad (CRYSTAL ONLY)	
Veal Parmesan	\$ 4.99	Baked Ham (CRYSTAL ONLY)	\$ 1.89
Curried Rice and Lentils	\$.99	Chicken & Dumplings (CRYSTAL ONLY)	\$ 1.59
Roasted Portobello Cobb Salad With Pita*	\$ 5.59	Sides (\$.99 each) (CRYSTAL ONLY)	
Sides (\$.99 each)		Southern Greens (\$1.29)	Snow Peas (\$1.29)
Brussels' Sprouts	Roasted Vegetables (\$1.29)	Baked Beans	Corn on Cob (\$.69)
Linguini (\$.69)	Naan Bread	Black Forest Cake (CRYSTAL ONLY)	\$ 1.69
Blondie Bar	\$ 1.69	Pineapple (CRYSTAL ONLY)	\$.69
Pineapple	\$.69		



March 19th – March 25th

Week 3

<u>Thursday Lunch 3/23/17</u>		<u>Thursday Dinner 3/23/17</u>	
Chicken Noodle Soup	\$ 1.29	Minestrone Soup	\$ 1.29
Waldorf Salad		Waldorf Salad	
Lean Shepherd's Pie	\$ 2.19	Chicken Marsala	\$ 3.59
Greek Turkey Burger	\$ 3.59	Shrimp Scampi and Linguini	\$ 5.69
<i>Roasted Portobello Cobb Salad With Pita*</i>	\$ 5.59		
Sides (\$.99 each)		Sides (\$.99each)	
Broccoli	Capri Mixed Vegetables	Mixed Vegetables	Zucchini
O'Brien Potatoes (\$.69)	Mixed Vegetables	Linguini (\$.69)	Garlic Mashed Potatoes
Banana Cream Pie	\$ 1.69	Key Lime Pie	\$ 1.69
Mandarin Oranges	\$.99	Mandarin Oranges	\$.99
<u>Friday Lunch 3/24/17</u>		<u>Friday Dinner 3/24/17</u>	
New England Clam Chowder	\$ 1.29	Vegetable Beef Soup	\$ 1.29
Tomato Onion and Pepper Salad		Tomato Onion and Pepper Salad	
Assorted Pizza	\$ 2.29	BBQ Ribs	\$ 5.29
Country Fried Steak	\$ 5.19	Fried Catfish	\$ 4.79
<i>Roasted Portobello Cobb Salad With Pita*</i>	\$ 5.59		
Sides (\$.99 each)		Sides (\$.99 each)	
Mixed Vegetables	Succotash	Collard Greens	Sliced Carrots
Tater Tots	Skillet Sweet Potatoes	Hush Puppies	Black Eyed Peas
Spice Cake	\$ 1.69	Cherry Cobbler	\$ 1.69
Fruit Cocktail	\$.69	Fruit Cocktail	\$.69
<u>Saturday Lunch 3/25/17</u>		<u>Saturday Dinner 3/25/17</u>	
Senate Bean Soup	\$ 1.29	Butternut Squash Soup	\$ 1.29
Carrot Raisin Salad		Carrot Raisin Salad	
Balsamic Chicken Thighs	\$ 2.59	Italian Meatloaf	\$ 3.99
BBQ Beef Sandwich	\$ 4.59	Roasted Lemon Sage Chicken Quarters	\$ 2.69
Sides (\$.99 each)		Sides (\$.99 each)	
Sautéed Vegetables	Green Beans	Mixed Vegetables	Snow Peas
Harvest Rice Pilaf	Baked Beans	Noodles (\$.69)	Mashed Sweet Potatoes
Sweet Potato Pie	\$ 1.69	Pumpkin Cheesecake Tart	\$ 1.69
Peaches	\$.69	Peaches	\$.69

*Weekly Menu Special



March 26th – April 1st

Week 4

<p align="center"><u>Sunday Lunch 3/26/17</u></p> <p>Leek and Carrot Soup \$ 1.29 Caesar Salad Carved Rib Roast \$ 5.29 Citrus Mahi Mahi w/ Caribbean Salsa \$ 4.99 Sides (\$.99 each) Asparagus (\$1.89) Roasted Vegetables (\$1.29) Herb Fingerling Potatoes Sweet Potato Casserole Apple Crisp \$ 1.09 Pineapple \$.69</p>	<p align="center">David Borchik – Director of Food Services Roger Bailey – Executive Chef</p> <p align="center">Dining Room Hours</p> <p>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</p> <p align="center"><u>Independent Living Meal Delivery Service</u> 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</p>
<p align="center"><u>Monday Lunch 3/27/17</u></p> <p>Minestrone Soup \$ 1.29 Garbanzo Bean Salad Turkey and Butternut Squash Bake \$ 2.19 Grilled Pesto Salmon \$ 5.89 Thai Chicken Rice Noodle Wrap* \$ 5.59 Sides (\$.99 each) Cauliflower Broccoli & Carrots Sage Dressing (\$1.09) Quinoa (\$2.39) Red Velvet Cake \$ 1.69 Peaches \$.69</p>	<p align="center"><u>Monday Dinner 3/27/17</u></p> <p>Six Bean Soup \$ 1.29 Garbanzo Bean Salad Brazilian Pork Butt with Chimichurri \$ 2.99 Vegetable Lasagna \$ 2.29 Sides (\$.99 each) Capri Vegetables Italian Vegetables Yellow Rice (\$.69) Breadstick (\$.49) Blueberry Pie \$ 1.99 Peaches \$.69</p>
<p align="center"><u>Tuesday Lunch 3/28/17</u></p> <p>Chili \$ 2.59 Green Bean Salad Chicken Piccata \$ 4.19 Hot Ham & Brie on a Croissant \$ 3.99 Thai Chicken Rice Noodle Wrap* \$ 5.59 Sides (\$.99 each) Creamed Spinach Italian Vegetable Pasta (\$.69) Corn Fritters (\$1.19) Chewy Chocolate Rice Krispy Bars \$ 1.09 Tropical Fruit \$.99</p>	<p align="center"><u>Tuesday Dinner 3/28/17</u></p> <p>Garden Vegetable Soup \$ 1.29 Green Bean Salad Fried Chicken <i>Breast \$ 3.59 Thigh \$ 2.69 Leg \$ 1.79</i> Shrimp Scampi with Fettuccini \$ 5.69 Sides (\$.99 each) Sautéed Cabbage (\$.69) Italian Green Beans Scalloped Potatoes Fettuccini (\$.69) Pumpkin Pie \$ 1.69 Tropical Fruit \$.99</p>
<p align="center"><u>Wednesday Lunch 3/29/17</u></p> <p>French Onion Soup \$ 1.29 Marinated Squash Salad French Dip Sandwich \$ 3.99 Tropical Pork Stir Fry \$ 3.09 Thai Chicken Rice Noodle Wrap* \$ 5.59 Sides (\$.99 each) Peas and Carrots Asian Vegetables Waffle Fries Fried Rice (\$.69) White Cake with Fudge Icing \$ 1.69 Applesauce \$.69</p>	<p align="center"><i>Breakfast for Dinner @ the Skylight Dining Room</i> <u>Wednesday Dinner 3/30/17</u> (CRYSTAL ONLY)</p> <p>Zoupa Mushroom & Chicken Soup (CRYSTAL ONLY) \$ 1.29 Marinated Squash Salad (CRYSTAL ONLY) Chicken a la King (CRYSTAL ONLY) \$ 2.39 Herb Crusted Tilapia (CRYSTAL ONLY) \$ 3.59 Sides (\$.99 each) (CRYSTAL ONLY) California Vegetables Beets Biscuit (\$.69) Wild Rice with Spinach (\$1.29) Cherry Pie (CRYSTAL ONLY) \$ 1.69 Applesauce (CRYSTAL ONLY) \$.69</p>



March 26th – April 1st

Week 4

<u>Thursday Lunch 3/30/17</u>		<u>Thursday Dinner 3/30/17</u>	
Tortilla Soup	\$ 1.29	Leek Soup	\$ 1.29
Caesar Salad		Caesar Salad	
Beef and Bean Burrito	\$ 2.49	Stuffed Shells with Sauce	\$ 2.29
Grilled Chicken Sandwich	\$ 3.39	Irish Beef Stew	\$ 1.89
<i>Thai Chicken Rice Noodle Wrap*</i>	\$ 5.59		
Sides (\$.99 each)		Sides (\$.99 each)	
Grilled Peppers & Onions (\$1.29)	Carrots	Cauliflower	Green Beans
Corn	Onion Rings (\$1.89)	Macaroni & Cheese (\$1.09)	Rosemary Potatoes
Banana Cream Pie	\$ 1.69	Lemon Meringue Pie	\$ 1.69
Fruit Cocktail	\$.69	Fruit Cocktail	\$.69
<u>Friday Lunch 3/31/17</u>		<u>Friday Dinner 3/31/17</u>	
Italian Vegetable Soup	\$ 1.29	Tuscan Chicken Noodle Soup	\$ 1.29
Tomato Onion, and Pepper Salad		Tomato Onion, and Pepper Salad	
Assorted Pizza	\$ 2.29	Baked Pollock	\$ 2.19
Rueben Sandwich	\$ 3.59	Italian Meatballs	\$ 2.09
<i>Thai Chicken Rice Noodle Wrap*</i>	\$ 5.59		
Sides (\$.99 each)		Sides (\$.99 each)	
Mixed Vegetables	Broccoli	Zucchini	Italian Vegetables
Cream-style Corn	Macaroni & Cheese (\$1.09)	Roasted Potatoes	Spaghetti (\$.69)
Strawberry Cake	\$ 1.69	Chocolate Cake with Icing	\$ 1.69
Pears	\$.69	Pears	\$.69
<u>Saturday Lunch 4/1/17</u>		<u>Saturday Dinner 4/1/17</u>	
Creamy Tomato Soup	\$ 1.29	Brazilian Black Bean Soup	\$ 1.29
Spinach Salad		Spinach Salad	
Grilled Ham Steak	\$ 1.79	Cranberry Orange Glazed Turkey Breast	\$ 4.29
Cheese Tortellini with Alfredo Sauce	\$ 4.19	Baja Mahi Mahi	\$ 5.09
Sides (\$.99 each)		Sides (\$.99 each)	
Balsamic Vegetables (\$1.49)	Brussels' Sprouts	Green Bean Casserole	Broccoli Normandy
Skillet Sweet Potatoes	Lima Beans	Garlic Mashed Potatoes	Rice Medley
Caramel Apple Cake	\$ 1.69	Sweet Potato Pie	\$ 1.69
Mandarin Oranges	\$.99	Mandarin Oranges	\$.99

**Weekly Menu Special*