



January 29th – February 4th

Week 1

<p align="center"><u>Sunday Lunch</u></p> <p>Cream of Mushroom Soup \$ 1.29 Dijon Potato Salad Carved Apricot Glazed Ham \$ 2.99 Fried catfish \$ 4.79</p> <p align="center">Sides (\$.99 each)</p> <p>Broccoli Collard greens Corn on the cob Hushuppies</p> <p>Pumpkin Pie \$ 1.69 Sliced Apples \$.69</p>	<p align="center">David Borchik – Director of Food Services Roger Bailey – Executive Chef</p> <hr/> <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> <hr/> <p align="center"><u>Independent Living Meal Delivery Service</u></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</u></p> <p>Italian Wedding Soup \$ 1.29 Broccoli Salad Baked Chicken Wings \$.59 each Roast Beef with Cherry Pepper Relish Panini \$ 2.29 <i>Ancho Chicken, Corn & Zucchini Salad*</i> \$ 4.69</p> <p align="center">Sides (\$.99 each)</p> <p>Cauliflower Harvard Beets Baked Beans Waffle Fries (\$1.19)</p> <p>Cherry Pie \$ 1.69 Pears \$.69</p>	<p align="center"><u>Monday Dinner</u></p> <p>Seafood Chowder Soup \$ 1.29 Broccoli Salad Broiled Salmon \$ 5.29 Stuffed Cabbage \$ 2.99</p> <p align="center">Sides (\$.99 each)</p> <p>Turnip Greens Mixed Vegetables Citrus Couscous Skilled Sweet Potatoes</p> <p>Pineapple Upside Down Cake \$ 1.69 Pears \$.69</p>
<p align="center"><u>Tuesday Lunch</u></p> <p>Chicken Tortilla Soup \$ 1.29 Caesar Salad Cheese Enchiladas \$ 3.29 BBQ Chicken Breast \$ 3.59 <i>Ancho Chicken, Corn & Zucchini Salad*</i> \$ 4.69</p> <p align="center">Sides (\$.99 each)</p> <p>Mexican Vegetables Mixed Vegetables Corn Harvard Beets</p> <p>Tapioca Pudding \$ 1.09 Fruit Cocktail \$.69</p>	<p align="center"><u>Tuesday Dinner</u></p> <p>French Onion Soup \$ 1.29 Caesar Salad Meat Lasagna with Marinara Sauce \$ 2.99 Anise Roasted Pork Loin with Figs and Apples \$ 3.89</p> <p align="center">Sides (\$.99 each)</p> <p>Italian Vegetables Seasoned Zucchini Bread Stick (\$.49) Rutabaga</p> <p>Tiramisu \$ 3.99 Fruit Cocktail \$.69</p>
<p align="center"><u>Wednesday Lunch</u></p> <p>Cream of Broccoli \$ 1.29 Marinated Vegetable Salad Basil & Chive Chicken \$ 3.59 French Dip Sandwich \$ 3.99 <i>Ancho Chicken, Corn & Zucchini Salad*</i> \$ 4.69</p> <p align="center">Sides (\$.99 each)</p> <p>Green Beans Green Peas Macaroni & Cheese (\$1.09) Mashed Sweet Potatoes</p> <p>Pecan Pie \$ 2.69 Applesauce \$.69</p>	<p align="center"><i>Seafood Buffet @ the Skylight</i> <u>Wednesday Dinner (Crystal ONLY)</u></p> <p>Carrot Soup (Crystal ONLY) \$ 1.29 Marinated Vegetable Salad (Crystal ONLY) Pot Roast with Vegetables (Crystal ONLY) \$ 3.09 Grilled Key West Tilapia (Crystal ONLY) \$ 3.59</p> <p align="center">Sides (\$.99 each) (Crystal ONLY)</p> <p>Red Cabbage with Apples Broccoli Egg Noodles (\$.69) Brown Rice (\$.69)</p> <p>Cheesecake (Crystal ONLY) \$ 2.69 Applesauce (Crystal ONLY) \$.69</p>



January 29th – February 4th

Week 1

<u>Thursday Lunch</u>		<u>Thursday Dinner</u>	
Chicken Noodle Soup	\$ 1.29	Tomato Soup	\$ 1.29
Southwest Black Bean Salad		Southwest Black Bean Salad	
Roasted Turkey	\$ 3.59	Veal Marsala	\$ 3.59
Carolina Pulled Pork Loaded Potato	\$ 3.79	Baja Mahi-Mahi	\$ 3.99
<i>Ancho Chicken, Corn & Zucchini Salad*</i>	\$ 4.69		
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</u>		<u>Friday Dinner</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
<i>Ancho Chicken, Corn & Zucchini Salad*</i>	\$ 4.69		
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</u>		<u>Saturday Dinner</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*



February 5th – February 11th

Week 2

<u>Sunday Lunch</u>	
Butternut Squash Soup	\$ 1.29
Pork Loin	\$ 3.59
Parmesan Crusted Swai	\$ 3.59
<u>Sides (\$.99 each)</u>	
<u>Collard Greens</u>	<u>Harvard Beets</u>
<u>Black Eyed Peas</u>	<u>Rice Pilaf</u>
Sweet Potato Pie	\$ 1.69
Fruit Cocktail	\$.69

<u>Monday Lunch</u>	
Cream of Broccoli Soup	\$ 1.29
Pasta Salad	
Chiofaro Turkey Sauté	\$ 2.59
Cuban Sandwich	\$ 3.59
Smokehouse Brisket, Kale & Sweet Potato*	\$ 4.79
<u>Sides (\$.99 each)</u>	
<u>Italian Vegetables</u>	<u>Grilled Peppers & Onions (\$1.19)</u>
<u>Herbed Breadstick (\$.49)</u>	<u>Cuban Black Beans with Brown Rice</u>
Lemon Meringue Pie	\$ 1.69
Applesauce	\$.69

<u>Tuesday Lunch</u>	
Pumpkin Coconut Soup	\$ 1.29
Carrot Raisin Salad	
Meatloaf	\$ 3.99
Turkey Avocado Brioche Sandwich	\$ 4.19
Smokehouse Brisket, Kale & Sweet Potato*	\$ 4.79
<u>Sides (\$.99 each)</u>	
<u>Collard Greens</u>	<u>Roasted Vegetables in Rosemary</u>
<u>Macaroni & Cheese (\$1.09)</u>	<u>Tater Tots</u>
German Chocolate Cake	\$ 1.89
Peaches	\$.69

<u>Wednesday Lunch</u>	
Vegetable Soup	\$ 1.29
Caesar Salad	
Cowboy Burger	\$ 3.99
Tandoori Chicken	\$ 3.89
Smokehouse Brisket, Kale & Sweet Potato*	\$ 4.79
<u>Sides (\$.99 each)</u>	
<u>California Vegetables</u>	<u>Eggplant (\$1.09)</u>
<u>Baked Beans</u>	<u>Saffron Rice (\$1.29)</u>

<u>David Borchik – Director of Food Services</u>	
<u>Roger Bailey – Executive Chef</u>	
<u>Dining Room Hours</u>	
<u>Breakfast (Skylight only)</u>	7:30 am – 9:30 am
<u>Lunch (Skylight Dining Room)</u>	11:00 am – 1:00 pm
<u>Lunch (Crystal Café)</u>	11:00 am – 3:00 pm
<u>Dinner (Skylight Dining Room)</u>	4:00 pm – 6:00 pm
<u>Dinner (Crystal Dining Room)</u>	4:00pm – 6:30 pm
<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	

<u>Monday Dinner</u>	
Beef Stroganoff Soup	\$ 1.29
Pasta Salad	
Swedish Meatballs	\$ 3.09
Crab Imperial Stuffed Flounder	\$ 3.59
<u>Sides (\$.99 each)</u>	
<u>Peas & Onions (\$1.09)</u>	<u>Lima Beans</u>
<u>Egg Noodles (\$.69)</u>	<u>Rosemary Potatoes</u>
Cinnamon Streusel Cake	\$ 1.69
Applesauce	\$.69

<u>Tuesday Dinner</u>	
Michigan White Bean Soup	\$ 1.29
Carrot Raisin Salad	
Italian Sausage w/Peppers and Onions	\$ 2.79
Chicken Savona	\$ 3.99
<u>Sides (\$.99 each)</u>	
<u>Italian Green Beans</u>	<u>Brussels Sprouts</u>
<u>Linguini</u>	<u>Scalloped Potatoes</u>
Banana Pudding	\$ 1.09
Peaches	\$.69

<u>Pasta Night @ the Skylight Dining Room</u>	
<u>Wednesday Dinner (CRYSTAL ONLY)</u>	
<u>Split Pea Soup (CRYSTAL ONLY)</u>	\$ 1.29
<u>Caesar Salad (CRYSTAL ONLY)</u>	
<u>Bourbon Pecan Crusted Catfish (CRYSTAL ONLY)</u>	\$ 5.49
<u>Baked Spaghetti with Meatballs (CRYSTAL ONLY)</u>	\$ 2.99
<u>Sides (\$.99 each) (CRYSTAL ONLY)</u>	
<u>Zucchini</u>	<u>Italian Vegetables</u>
<u>Rice Medley</u>	<u>Garlic Bread (\$.49)</u>

Pumpkin Pie \$ 1.69
Mandarin Oranges \$.69

Cookies and Cream Cheesecake (CRYSTAL ONLY) \$ 2.69
Mandarin Oranges (CRYSTAL ONLY) \$.69



February 5th – February 11th
Week 2

Thursday Lunch

Corn Chowder Soup \$ 1.29
Waldorf Salad
Roasted Turkey \$ 3.59
Philly Steak Sandwich \$ 2.99
Smokehouse Brisket, Kale & Sweet Potato* \$ 4.79

Sides (\$.99 each)

Baby Carrots Southern Green Beans
Sage Stuffing Skillet Sweet Potatoes

Egg Custard Pie \$ 2.69
Tropical Fruit \$.99

Thursday Dinner

Lentil Soup \$ 1.29
Waldorf Salad
Baby Back Ribs \$ 4.29
Mushroom Cheese Strata \$ 1.29

Sides (\$.99 each)

Mixed Vegetables Zucchini
Parsnip Whipped Potatoes Confetti Couscous

Lemon Bar \$ 1.69
Tropical Fruit \$.99

Friday Lunch

Pasta Fagioli \$ 1.29
Spinach Salad
Assorted Pizza \$ 2.29
Baked Cod \$ 3.59
Smokehouse Brisket, Kale & Sweet Potato* \$ 4.79

Sides (\$.99 each)

Broccoli Succotash
Macaroni Cheese (\$1.09) Brown Rice

Blueberry Pie \$ 1.89
Pears \$.69

Friday Dinner

Tortilla Soup \$ 1.29
Spinach Salad
Beef Soft Taco \$ 1.99
Chicken Marsala \$ 3.89

Sides (\$.99 each)

Mexican Medley Glazed Beets
Corn Aztec Rice Blend (\$1.29)

Angel Food Cake \$ 1.69
Pears \$.69

Saturday Lunch

Navy Bean Soup \$ 1.29
Balsamic Zucchini & Pepper Salad
Baked Stuffed Pork Chop with Country Gravy \$ 3.89
Thai Red Curry Chicken Salad Wrap \$ 3.89

Sides (\$.99 each)

Carrots Eggplant (\$1.19)
Roasted Potatoes Coconut Jasmine Rice

Chocolate Brownie \$ 1.89
Pineapple \$.69

Saturday Dinner

Chicken Cacciatore Soup \$ 1.29
Balsamic Zucchini & Pepper Salad
Shrimp Au Gratin \$ 3.99
Swiss Steak \$ 4.99

Sides (\$.99 each)

Sautéed Spinach (\$1.09) Italian Vegetables
Fettuccini (\$.69) Mashed Sweet Potatoes

Apple Cobbler \$ 1.69
Pineapple \$.69

**Weekly Menu Special*



February 12th – February 18th

Week 3

<u>Sunday Lunch</u>		<u>Khan – Director of Food Services</u> <u>Roger Bailey – Executive Chef</u>	
Broccoli Cheddar Soup	\$ 1.29	<u>Dining Room Hours</u>	
Caesar Salad		<u>Breakfast</u> (Skylight only)	7:30 am – 9:30 am
Carved Baked Ham	\$ 2.99	<u>Lunch</u> (Skylight Dining Room)	11:00 am – 1:00 pm
Baked Haddock w/ Fruit Chutney	\$ 3.59	<u>Lunch</u> (Crystal Café)	11:00 am – 3:00 pm
<u>Sides (\$.99 each)</u>		<u>Dinner</u> (Skylight Dining Room)	4:00 pm – 6:00 pm
Caribbean Vegetable Mix	Beets	<u>Dinner</u> (Crystal Dining Room)	4:00pm – 6:30 pm
Oven Roasted Potatoes	Hush Puppies	<u>Independent Living Meal Delivery Service</u>	
Peach Crisp	\$ 1.69	You can have meals delivered to your apartment for a \$3 fee.	
Pears	\$.69	Skylight DR: 632-2322 Crystal DR: 632-2325	
		Delivery service is available during normal hours of operation	
<u>Monday Lunch</u>		<u>Monday Dinner</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
<u>MINDFUL SPECIAL *</u>		<u>Sides (\$.99 each)</u>	
<u>Sides (\$.99 each)</u>		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</u>		<u>Tuesday Dinner</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
<u>MINDFUL SPECIAL *</u>		<u>Sides (\$.99 each)</u>	
<u>Sides (\$.99 each)</u>		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</u>		<u>Pasta Night @ the Skylight Dining Room</u>	
Vegetable Soup	\$ 1.29	<u>Wednesday Dinner</u> (CRYSTAL ONLY)	
Corn Cherry Tomato Arugula Salad		Italian Vegetable Soup (CRYSTAL ONLY)	\$ 1.29
Veal Parmesan	\$ 4.99	Corn Cherry Tomato Arugula Salad (CRYSTAL ONLY)	
Curried Rice and Lentils	\$.99	Baked Ham (CRYSTAL ONLY)	\$ 1.89
<u>MINDFUL SPECIAL *</u>		Chicken & Dumplings (CRYSTAL ONLY)	\$ 1.59
<u>Sides (\$.99 each)</u>		<u>Sides (\$.99 each)</u> (CRYSTAL ONLY)	
Brussels' Sprouts	Roasted Vegetables (\$1.29)	Southern Greens (\$1.29)	Snow Peas (\$1.29)
Linguini (\$.69)	Naan Bread	Baked Beans	Corn on Cob (\$.69)

Blondie Bar \$ 1.69
 Pineapple \$.69

Black Forest Cake (CRYSTAL ONLY) \$ 1.69
 Pineapple (CRYSTAL ONLY) \$.69



February 12th – February 18th

Week 3

Thursday Lunch

Chicken Noodle Soup \$ 1.29
 Waldorf Salad
 Lean Shepherd's Pie \$ 2.19
 Greek Turkey Burger \$ 3.59

MINDFUL SPECIAL*

Sides (\$.99 each)

<u>Broccoli</u>	<u>Capri Mixed Vegetables</u>
<u>O'Brien Potatoes (\$.69)</u>	<u>Mixed Vegetables</u>
Banana Cream Pie \$ 1.69	
Mandarin Oranges \$.99	

Thursday Dinner

Minestrone Soup \$ 1.29
 Waldorf Salad
 Chicken Marsala \$ 3.59
 Shrimp Scampi and Linguini \$ 5.69

Sides (\$.99each)

<u>Mixed Vegetables</u>	<u>Zucchini</u>
<u>Linguini (\$.69)</u>	<u>Garlic Mashed Potatoes</u>
Key Lime Pie \$ 1.69	
Mandarin Oranges \$.99	

Friday Lunch

New England Clam Chowder \$ 1.29
 Tomato Onion and Pepper Salad
 Assorted Pizza \$ 2.29
 Country Fried Steak \$ 5.19

MINDFUL SPECIAL*

Sides (\$.99 each)

<u>Mixed Vegetables</u>	<u>Succotash</u>
<u>Tater Tots</u>	<u>Skillet Sweet Potatoes</u>
Spice Cake \$ 1.69	
Fruit Cocktail \$.69	

Friday Dinner

Vegetable Beef Soup \$ 1.29
 Tomato Onion and Pepper Salad
 BBQ Ribs \$ 5.29
 Fried Catfish \$ 4.79

Sides (\$.99 each)

<u>Collard Greens</u>	<u>Sliced Carrots</u>
<u>Hush Puppies</u>	<u>Black Eyed Peas</u>
Cherry Cobbler \$ 1.69	
Fruit Cocktail \$.69	

Saturday Lunch

Senate Bean Soup \$ 1.29
 Carrot Raisin Salad
 Balsamic Chicken Thighs \$ 2.59
 BBQ Beef Sandwich \$ 4.59

Sides (\$.99 each)

<u>Sautéed Vegetables</u>	<u>Green Beans</u>
<u>Harvest Rice Pilaf</u>	<u>Baked Beans</u>
Sweet Potato Pie \$ 1.69	
Peaches \$.69	

Saturday Dinner

Butternut Squash Soup \$ 1.29
 Carrot Raisin Salad
 Italian Meatloaf \$ 3.99
 Roasted Lemon Sage Chicken Quarters \$ 2.69

Sides (\$.99 each)

<u>Mixed Vegetables</u>	<u>Snow Peas</u>
<u>Noodles (\$.69)</u>	<u>Mashed Sweet Potatoes</u>
Pumpkin Cheesecake Tart \$ 1.69	
Peaches \$.69	

**Weekly Menu Special*



February 19th – February 25th

Week 4

Sunday Lunch

<u>Leek and Carrot Soup</u>	<u>\$ 1.29</u>
<u>Caesar Salad</u>	
<u>Carved Rib Roast</u>	<u>\$ 5.29</u>
<u>Citrus Mahi Mahi w/ Caribbean Salsa</u>	<u>\$ 4.99</u>
<u>Sides (\$.99 each)</u>	
<u>Asparagus (\$1.89)</u>	<u>Roasted Vegetables (\$1.29)</u>
<u>Herb Fingerling Potatoes</u>	<u>Sweet Potato Casserole</u>
<u>Apple Crisp</u>	<u>\$ 1.09</u>
<u>Pineapple</u>	<u>\$.69</u>

Khan – Director of Food Services
Roger Bailey – Executive Chef

Dining Room Hours

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

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

<u>Minestrone Soup</u>	<u>\$ 1.29</u>
<u>Garbanzo Bean Salad</u>	
<u>Turkey and Butternut Squash Bake</u>	<u>\$ 2.19</u>
<u>Grilled Pesto Salmon</u>	<u>\$ 5.89</u>
<u>Sides (\$.99 each)</u>	
<u>Cauliflower</u>	<u>Broccoli & Carrots</u>
<u>Sage Dressing (\$1.09)</u>	<u>Quinoa (\$2.39)</u>
<u>Red Velvet Cake</u>	<u>\$ 1.69</u>
<u>Peaches</u>	<u>\$.69</u>

Monday Dinner

<u>Six Bean Soup</u>	<u>\$ 1.29</u>
<u>Garbanzo Bean Salad</u>	
<u>Brazilian Pork Butt with Chimichurri</u>	<u>\$ 2.99</u>
<u>Vegetable Lasagna</u>	<u>\$ 2.29</u>
<u>Sides (\$.99 each)</u>	
<u>Capri Vegetables</u>	<u>Italian Vegetables</u>
<u>Yellow Rice (\$.69)</u>	<u>Breadstick (\$.49)</u>
<u>Blueberry Pie</u>	<u>\$ 1.99</u>
<u>Peaches</u>	<u>\$.69</u>

Tuesday Lunch

<u>Chili</u>	<u>\$ 2.59</u>
<u>Green Bean Salad</u>	
<u>Chicken Piccata</u>	<u>\$ 4.19</u>
<u>Hot Ham & Brie on a Croissant</u>	<u>\$ 3.99</u>
<u>Sides (\$.99 each)</u>	
<u>Creamed Spinach</u>	<u>Italian Vegetable</u>
<u>Pasta (\$.69)</u>	<u>Corn Fritters (\$1.19)</u>
<u>Chewy Chocolate Rice Krispy Bars</u>	<u>\$ 1.09</u>
<u>Tropical Fruit</u>	<u>\$.99</u>

Tuesday Dinner

<u>Garden Vegetable Soup</u>	<u>\$ 1.29</u>	
<u>Green Bean Salad</u>		
<u>Fried Chicken</u>		
<u>Breast \$ 3.59</u>	<u>Thigh \$ 2.69</u>	<u>Leg \$ 1.79</u>
<u>Shrimp Scampi with Fettuccini</u>	<u>\$ 5.69</u>	
<u>Sides (\$.99 each)</u>		
<u>Sautéed Cabbage (\$.69)</u>	<u>Italian Green Beans</u>	
<u>Scalloped Potatoes</u>	<u>Fettuccini (\$.69)</u>	
<u>Pumpkin Pie</u>	<u>\$ 1.69</u>	
<u>Tropical Fruit</u>	<u>\$.99</u>	

Wednesday Lunch

<u>French Onion Soup</u>	<u>\$ 1.29</u>
<u>Marinated Squash Salad</u>	
<u>French Dip Sandwich</u>	<u>\$ 3.99</u>
<u>Tropical Pork Stir Fry</u>	<u>\$ 3.09</u>
<u>Sides (\$.99 each)</u>	
<u>Peas and Carrots</u>	<u>Asian Vegetables</u>
<u>Waffle Fries</u>	<u>Fried Rice (\$.69)</u>

@ the Skylight Dining Room

Wednesday Dinner (CRYSTAL ONLY)

<u>Zoupa Mushroom & Chicken Soup (CRYSTAL ONLY)</u>	<u>\$ 1.29</u>
<u>Marinated Squash Salad (CRYSTAL ONLY)</u>	
<u>Chicken a la King (CRYSTAL ONLY)</u>	<u>\$ 2.39</u>
<u>Herb Crusted Tilapia (CRYSTAL ONLY)</u>	<u>\$ 3.59</u>
<u>Sides (\$.99 each) (CRYSTAL ONLY)</u>	
<u>California Vegetables</u>	<u>Beets</u>
<u>Biscuit (\$.69)</u>	<u>Wild Rice with Spinach (\$1.29)</u>

White Cake with Fudge Icing \$ 1.69
Applesauce \$.69

Cherry Pie (CRYSTAL ONLY) \$ 1.69
Applesauce (CRYSTAL ONLY) \$.69



February 19th – February 25th
 Week 4

Thursday Lunch

Tortilla Soup \$ 1.29
Caesar Salad
Beef and Bean Burrito \$ 2.49
Grilled Chicken Sandwich \$ 3.39

Sides (\$.99 each)

Grilled Peppers & Onions (\$1.29) Carrots
Corn Onion Rings (\$1.89)
Banana Cream Pie \$ 1.69
Fruit Cocktail \$.69

Thursday Dinner

Leek Soup \$ 1.29
Caesar Salad
Stuffed Shells with Sauce \$ 2.29
Irish Beef Stew \$ 1.89

Sides (\$.99 each)

Cauliflower Green Beans
Macaroni & Cheese (\$1.09) Rosemary Potatoes
Lemon Meringue Pie \$ 1.69
Fruit Cocktail \$.69

Friday Lunch

Italian Vegetable Soup \$ 1.29
Tomato Onion, and Pepper Salad
Assorted Pizza \$ 2.29
Rueben Sandwich \$ 3.59

Sides (\$.99 each)

Mixed Vegetables Broccoli
Cream-style Corn Macaroni & Cheese (\$1.09)
Strawberry Cake \$ 1.69
Pears \$.69

Friday Dinner

Tuscan Chicken Noodle Soup \$ 1.29
Tomato Onion, and Pepper Salad
Baked Pollock \$ 2.19
Italian Meatballs \$ 2.09

Sides (\$.99 each)

Zucchini Italian Vegetables
Roasted Potatoes Spaghetti (\$.69)
Chocolate Cake with Icing \$ 1.69
Pears \$.69

Saturday Lunch

Creamy Tomato Soup \$ 1.29
Spinach Salad
Grilled Ham Steak \$ 1.79
Cheese Tortellini with Alfredo Sauce \$ 4.19

Sides (\$.99 each)

Balsamic Vegetables (\$1.49) Brussels' Sprouts
Skillet Sweet Potatoes Lima Beans
Caramel Apple Cake \$ 1.69
Mandarin Oranges \$.99

Saturday Dinner

Brazilian Black Bean Soup \$ 1.29
Spinach Salad
Cranberry Orange Glazed Turkey Breast \$ 4.29
Baja Mahi Mahi \$ 5.09

Sides (\$.99 each)

Green Bean Casserole Broccoli Normandy
Garlic Mashed Potatoes Rice Medley
Sweet Potato Pie \$ 1.69
Mandarin Oranges \$.99

**Weekly Menu Special*



February 26th – March 4th

Week 5

Sunday Lunch

<u>Cream of Broccoli</u>	<u>\$ 1.29</u>
<u>Caesar Salad</u>	
<u>Beef Medallions</u>	<u>\$ 5.59</u>
<u>Stuffed Flounder w/ Red Pepper Sauce</u>	<u>\$ 3.59</u>
<u>Sides (\$.99 each)</u>	
<u>Herb Roasted Potatoes</u>	<u>Rice Pilaf</u>
<u>Asparagus Tips</u>	<u>Garlic Broccoli</u>
<u>Apple Crisp</u>	<u>\$ 1.69</u>
<u>Pears</u>	<u>\$.69</u>

Monday Lunch

<u>Black Bean Soup</u>	<u>\$ 1.29</u>
<u>Bow Tie & Roasted Vegetable Salad</u>	
<u>Beef Fajita</u>	<u>\$ 2.49</u>
<u>Couscous Stuffed Turkey Breast</u>	<u>\$ 3.29</u>
<u>MINDFUL SPECIAL *</u>	
<u>Sides (\$.99 each)</u>	
<u>Mexican Vegetables</u>	<u>Carrots</u>
<u>Mexican Rice</u>	<u>Sweet Potato Casserole</u>
<u>Coffee Cake</u>	<u>\$ 1.69</u>
<u>Fruit Cocktail</u>	<u>\$.69</u>

Tuesday Lunch

<u>Canadian Cheese Soup</u>	<u>\$ 1.29</u>
<u>Carrot Raisin Salad</u>	
<u>Beef Ragu over Pasta</u>	<u>\$ 2.29</u>
<u>Bratwurst & Sauerkraut</u>	<u>\$ 2.79</u>
<u>MINDFUL SPECIAL *</u>	
<u>Sides (\$.99 each)</u>	
<u>Vegetable Medley (\$1.19)</u>	<u>Brussels' Sprouts</u>
<u>Farfalle Pasta (\$.69)</u>	<u>Hot German Potato Salad (\$.69)</u>
<u>Chocolate Brownie</u>	<u>\$ 1.89</u>
<u>Peaches</u>	<u>\$.69</u>

Wednesday Lunch

<u>Corn Chowder</u>	<u>\$ 1.29</u>
<u>Pasta Salad</u>	
<u>Caramelized Ginger Chicken with Kale</u>	<u>\$ 4.99</u>
<u>Baked Fish Sandwich</u>	<u>\$ 3.99</u>
<u>MINDFUL SPECIAL *</u>	
<u>Sides (\$.99 each)</u>	
<u>Broccoli</u>	<u>Harvard Beets</u>
<u>Jasmine Rice (\$.69)</u>	<u>Hush Puppies (\$1.09)</u>

Khan – Director of Food Services
Roger Bailey – Executive Chef

Dining Room Hours

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

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 Dinner

<u>Beef Noodle Soup</u>	<u>\$ 1.29</u>
<u>Bow Tie & Roasted Vegetable Salad</u>	
<u>Shrimp & Grits</u>	<u>\$ 3.49</u>
<u>BBQ Pork Sandwich on Bun</u>	<u>\$ 2.39</u>
<u>Sides (\$.99 each)</u>	
<u>Southern Green Beans</u>	<u>Cauliflower</u>
<u>Rice (\$.69)</u>	<u>Baked Beans</u>
<u>Pecan Pie</u>	<u>\$ 2.69</u>
<u>Fruit Cocktail</u>	<u>\$.69</u>

Tuesday Dinner

<u>Loaded Baked Potato Soup</u>	<u>\$ 1.29</u>
<u>Carrot Raisin Salad</u>	
<u>Salmon Cake</u>	<u>\$ 2.29</u>
<u>Southern Fried Chicken</u>	
<u>Breast \$ 4.19</u>	<u>Thigh \$ 2.69</u>
	<u>Leg \$ 1.79</u>
<u>Sides (\$.99 each)</u>	
<u>California Vegetables</u>	<u>Black-Eyed Peas</u>
<u>Roasted Potatoes</u>	<u>Collard Greens</u>
<u>Banana Pudding</u>	<u>\$ 1.09</u>
<u>Peaches</u>	<u>\$.69</u>

Stir Fry Night @ the Skylight Dining Room
Wednesday Dinner (CRYSTAL ONLY)

<u>Italian Wedding Soup (CRYSTAL ONLY)</u>	<u>\$ 1.29</u>
<u>Pasta Salad (CRYSTAL ONLY)</u>	
<u>Cuban Mojo Pork (CRYSTAL ONLY)</u>	<u>\$ 2.69</u>
<u>Eggplant Parmesan (CRYSTAL ONLY)</u>	<u>\$ 1.29</u>
<u>Sides (CRYSTAL ONLY)</u>	
<u>Grilled Vegetables (\$1.29)</u>	<u>Sautéed Spinach (\$1.29)</u>
<u>Cuban Black Beans (\$.69)</u>	<u>Spaghetti (\$.69)</u>

Pumpkin Pie	\$ 1.69
Pineapple	\$.69

Cherry Cheesecake Bar (CRYSTAL ONLY)	\$ 1.69
Pineapple (CRYSTAL ONLY)	\$.69



February 26th – March 4th

Week 5

<u>Thursday Lunch</u>	
Cream of Tomato Soup	\$ 1.29
Waldorf Salad	
Cuban Sandwich	\$ 3.59
Turkey Meatloaf	\$ 1.49
<u>MINDFUL SPECIAL*</u>	
<u>Sides (\$.99 each)</u>	
<u>Mixed Vegetables</u>	<u>Sautéed Cabbage (\$.69)</u>
<u>Tater Tots</u>	<u>Parsnip Potatoes</u>
Mango Rice Pudding	\$ 1.69
Applesauce	\$.69

<u>Thursday Dinner</u>	
Beef Barley Soup	\$ 1.29
Waldorf Salad	
Open Faced Turkey Sandwich	\$ 1.79
Liver and Onions	\$ 2.19
<u>Sides (\$.99 each)</u>	
<u>Green Beans</u>	<u>Sautéed Vegetables</u>
<u>Skillet Sweet Potatoes</u>	<u>Rice Pilaf</u>
Bread Pudding	\$ 1.69
Applesauce	\$.69

<u>Friday Lunch</u>	
Seafood Chowder	\$ 1.29
Apple Carrot Slaw	
Assorted Pizza	\$ 2.29
Tuscan Herbed Swai	\$ 1.69
<u>MINDFUL SPECIAL*</u>	
<u>Sides (\$.99 each)</u>	
<u>Mixed Vegetables</u>	<u>Parmesan Tomato</u>
<u>Macaroni & Cheese (\$1.09)</u>	<u>Au Gratin Potatoes</u>
Apple Pie	\$ 1.99
Apricots	\$.99

<u>Friday Dinner</u>	
Chicken and Rice Soup	\$ 1.29
Apple Carrot Slaw	
Chicken Cordon Bleu	\$ 3.39
Beef Pot Pie	\$ 3.29
<u>Sides (\$.99 each)</u>	
<u>Yellow Squash</u>	<u>Broccoli</u>
<u>Herbed Potatoes</u>	<u>Rice (\$.69)</u>
Boston Cream Pie	\$ 1.99
Apricots	\$.99

<u>Saturday Lunch</u>	
Steak & Potato Soup	\$ 1.29
Spinach Salad	
BBQ Pork Cutlet	\$ 2.09
Sweet Thai Turkey Burger	\$ 3.19
<u>Sides (\$.99 each)</u>	
<u>Seasoned Green Beans</u>	<u>Roasted Vegetables</u>
<u>Baked Beans</u>	<u>Corn</u>
Cookies and Cream Cheesecake	\$ 1.69
Pineapple	\$.69

<u>Saturday Dinner</u>	
Turkey Vegetable Soup	\$ 1.29
Spinach Salad	
Basil Lemon Chicken Breast	\$ 2.59
Sheppard's Pie	\$ 3.09
<u>Sides (\$.99 each)</u>	
<u>Mediterranean Vegetables (\$1.49)</u>	<u>Carrots</u>
<u>Couscous (\$.69)</u>	<u>Lima Beans</u>
Spice Cake	\$ 1.69
Pineapple	\$.69

**Weekly Menu Special*