



Skylight Lunch Menu

December 3rd – December 9th

Hours

Monday – Saturday

Lunch (Skylight Dining Room)
11:00 am – 1:00 pm

Sunday

Brunch (Skylight Dining Room)
11:00 am – 1:30 pm

Monday – Friday

Lunch (Crystal Dining Room)
11:00 am – 3:00 pm

Sunday

Lunch (Crystal Dining Room)
11:00 am – 1:30 pm

Managers

Food Service Director:

Glenn Cannara

Operations Manager:

Jeanine Milano

Executive Chef:

Kwame Akram

Dining Room Coordinator:

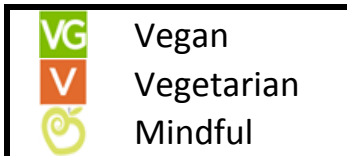
April Libby

Independent Living Meal Delivery Service

Delivery service is available during normal hours of operation for a discretionary dollar fee of \$3.

Skylight DR 813-632-2322

Crystal DR 813-632-2325



Watch for Mindful Menu Solutions...

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

Sunday 12/3/17

Salad:	Italian Pasta Salad	
Soup:	Lentil & Sausage Soup	\$ 1.29
Entree:	Chicken Piccata	\$ 3.59
	Maple-Glazed Roast Pork Loin	\$ 2.09
Side Dish:	Roasted Butternut Squash with Thyme	\$ 0.99
	Southern Style Collard Greens	\$ 0.99
	Orzo with Sautéed Spinach & Feta	\$ 0.99
	Fresh Yellow Squash	\$ 0.99
Dessert:	Assorted Desserts	

Monday 12/4/17

Salad:	Asian Cucumber and Carrot Salad	
Soup:	Root Vegetable Soup	\$ 1.29
Entree:	BBQ Chicken Wings (each)	\$ 0.59
	Ham & Swiss Croissant	\$ 5.39
Side Dish:	Peas and Carrots	\$ 0.99
	Baked Fries	\$ 0.99
	Broccoli Spears with Cheese Sauce	\$ 0.99
Dessert:	Apple Crisp	\$ 1.09
(Skylight Only)	Peach Slices	\$ 0.69

Tuesday 12/5/17

Salad:	Greek Side Salad	
Soup:	Chicken Mulligatawny Soup	\$ 1.29
Entree:	Pasta Primavera	\$ 0.99
	Autumn Beef Stew	\$ 3.79
Side Dish:	Roasted Root Vegetables	\$ 0.99
	Lima Beans	\$ 0.99
Dessert:	Peach Pie	\$ 1.79
(Skylight Only)	Pear Slices	\$ 0.69

Wednesday 12/6/17

Salad:	Carrot Raisin Salad	
Soup:	Chicken Tortilla Soup	\$ 1.29
Entree:	South of the Border Lasagna	\$ 3.59
	Charleston Crab Cakes	\$ 3.59
Side Dish:	Fried Cabbage	\$ 0.69
	Oven Roasted Potato Wedges	\$ 0.99
	Aztec Corn	\$ 0.99
	Fresh Zucchini & Tomatoes	\$ 0.99
Dessert:	Sweet Potato Pie	\$ 1.69
(Skylight Only)	Peach Slices	\$ 0.69



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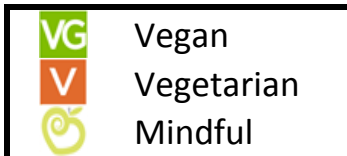
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Thursday 12/7/17

Salad:	Broccoli & Cavatelli Salad	
Soup:	Turkey Noodle Soup (LS)	\$ 1.29
Entree:	Garlic & Herb Cod Fillet	\$ 3.19
	Fried Chicken	
Side Dish:	Southern Green Beans	\$ 0.99
	Hoppin' John	\$ 0.69
	Roasted Sweet Potatoes	\$ 0.99
	Collard Greens	\$ 0.99
Dessert:	Chocolate Mousse with Topping	\$ 1.29
(Skylight Only)	Mandarin Orange Sections	\$ 0.69

Friday 12/8/17

Salad:	Beet, Cucumber & Onion Salad	
Soup:	Corn Chowder	\$ 1.29
Entree:	Assorted Pizza By The Slice	\$ 2.29
	Sloppy Joe	\$ 2.49
Side Dish:	Broccoli & Cauliflower	\$ 0.99
	Rainbow Vegetable Medley	\$ 0.99
Dessert:	Tapioca Pudding	\$ 1.09
(Skylight Only)	Applesauce	\$ 0.69

Saturday 12/9/17

Salad:	Mixed Green Salad	
Soup:	Caribbean Carrot & Sweet Potato Soup	\$ 1.29
Entree:	Dijon Ginger Ham	\$ 2.39
	Tuna Noodle Casserole with Topping	\$ 2.99
Side Dish:	Steakhouse Spinach	\$ 1.09
	Cheddar Mashed Potatoes	\$ 0.99
	Green Beans	\$ 0.99
Dessert:	Cream Cheese Swirl Brownies	\$ 1.29
(Skylight Only)	Pineapple Chunks	\$ 0.69

Weekly Mindful Special

(Available Monday – Friday Lunch)

Chicken & Black Bean Quesadilla & Yogurt

Chipotle Chicken, Mozzarella Cheese & Black Beans with Cilantro-Chili

Yogurt

\$ 2.09



Skylight/Crystal Dinner Menu

December 3rd – December 9th

Hours

Monday – Saturday

Dinner (Skylight Dining Room)

4:00 pm – 6:00 pm

Dinner (Crystal Dining Room)

4:00pm – 6:30 pm

Sunday

Dinner (Skylight and Crystal)

Closed

Managers

Food Service Director:

Glenn Cannara

Executive Chef:

Kwame Akram

Dining Room Coordinator:

April Libby

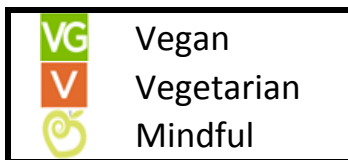
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Dinner Specials

Wednesday December 6th 2017 4pm – 6pm in the Skylight

Fine Dining Night

Experience an elegant dinner in the Skylight with an upscale menu. See menu on the reverse side of the Sunday buffet menu.

Friday December 8th 2017 4pm – 6pm in the Skylight

International Night – Asia

Celebrate our trip around the world! Each week a country will be visited inspiring the menu of the evening.

Monday 12/4/17

Salad:	Asian Cucumber and Carrot Salad		
Soup:	Chicken Paprikash Soup		\$ 1.29
Entree:	Beef Pot Pie		\$ 2.99
	Grilled Cornish Hen with Dijon & Lemon		\$ 5.59
Side Dish:	Au Gratin Potatoes		\$ 0.99
	Wild Rice Pilaf		\$ 0.99
	Turnip Greens		\$ 0.99
	Green Beans		\$ 0.99
Dessert: (Skylight Only)	Tres Leches Cake		\$ 2.69
	Peach Slices		\$ 0.69

Tuesday 12/5/17

Salad:	Greek Salad		
Soup:	Sausage Florentine Soup		\$ 1.29
Entree:	Broiled Rainbow Trout		\$ 5.99
	Polish Sausage (Kielbasa)		\$ 3.39
Side Dish:	Baked Potatoes		\$ 0.99
	Roasted Corn On The Cob		\$ 0.69
	Roasted Ratatouille		\$ 0.99
Dessert: (Skylight Only)	Cauliflower		\$ 0.99
	Lemon Bar		\$ 1.69
	Pear Slices		\$ 0.69

Wednesday 12/6/17

Fine Dining Night @ the Skylight

****These items are only available in the Crystal Dining Room****

Salad:	Carrot Raisin Salad		
Soup:	Sweet Onion & Tomato Soup		\$ 1.29
Entree:	Roasted Turkey Breast		\$ 3.59
	BBQ Pork Ribs		\$ 4.29
Side Dish:	Mashed Potatoes		\$ 0.69
	Harvard Beets		\$ 0.99
	Sautéed Spinach and Mushrooms		\$ 1.59
	Vegetarian Baked Beans		\$ 0.99
Dessert:	Assorted Desserts		



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Dinner (Skylight and Crystal)
Closed

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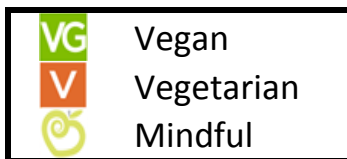
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Thursday 12/7/17

Salad:	Broccoli & Cavatelli Salad	
Soup:	Curried Roasted Fall Vegetable Soup	\$ 1.29
Entree:	Dijon Chicken	\$ 2.39
	Spaghetti with Meat Sauce	\$ 2.09
Side Dish:	Garlic Bread	\$ 0.49
	Baked Butternut Squash	\$ 0.99
	Sugar Snap Peas, Frozen	\$ 0.99
	Jasmine Steamed Rice	\$ 0.69
Dessert: (Skylight Only)	Red Velvet Cupcakes	\$ 1.29
	Mandarin Orange Sections	\$ 0.69

Friday 12/8/17 **International Night @ the Skylight**

These items are only available in the Crystal Dining Room

Salad:	Beet, Cucumber & Onion Salad	
Soup:	Broccoli Cordon Bleu Soup	\$ 1.29
Entree:	Savory Rotisserie-Style Chicken	\$ 3.99
	Crispy Baked Catfish	\$ 4.79
Side Dish:	Roasted Red Bliss Potatoes	\$ 0.99
	Baked Yellow Squash & Cheese	\$ 1.39
	Grilled Eggplant	\$ 0.99
	Peas and Onions	\$ 1.09
Dessert:	Assorted Desserts	

Saturday 12/9/17

Salad:	Mixed Green Salad	
Soup:	Caribbean Carrot & Sweet Potato Soup	\$ 1.29
Entree:	Shepherd's Pie	\$ 3.09
	Cilantro Grilled Chicken Breast	\$ 3.59
Side Dish:	Steamed Fresh Broccoli	\$ 0.99
	Rice Pilaf	\$ 0.99
	Sliced Beets	\$ 0.99
Dessert: (Skylight Only)	Tiramisu	\$ 3.99
	Pineapple Chunks	\$ 0.69