



Skylight Lunch Menu

January 7th – January 13th

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:

Dawn Rios

Executive Chef:

Kwame Akram

Dining Room Coordinator:

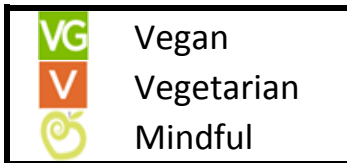
April Libby

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 1/7/18

Salad:	Italian Pasta Salad	
Soup:	Lentil & Sausage Soup	\$ 1.29
Entree:	Chicken Breast Marsala	\$ 3.39
	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 1/8/18

Salad:	Asian Cucumber and Carrot Salad	
Soup:	Root Vegetable Soup	\$ 1.29
Entree:	BBQ Chicken Wings (each)	\$ 0.59
	Meatball Sub	\$ 3.29
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 1/9/18

Salad:	Greek Side Salad	
Soup:	Leek & Carrot 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 1/10/18

Salad:	Carrot Raisin Salad	
Soup:	Chicken Tortilla Soup	\$ 1.29
Entree:	Meat Lasagna	\$ 3.29
	Charleston Crab Cakes	\$ 3.59
Side Dish:	Braised 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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Operations Manager:

Dawn Rios

Executive Chef:

Kwame Akram

Dining Room Coordinator:

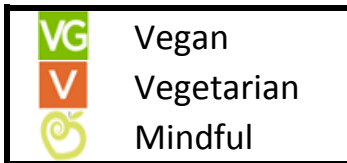
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Thursday 1/11/18

Salad:	Broccoli & Cavatelli Salad	VG	
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	VG	\$ 0.99
Dessert:	Collard Greens	VG	\$ 0.99
(Skylight Only)	Chocolate Mousse with Topping	VG	\$ 1.29
	Mandarin Orange Sections	VG	\$ 0.69

Friday 1/12/18

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

Saturday 1/13/18

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

Weekly Mindful Special

(Available Monday – Friday Lunch)

Southwestern Grilled Chicken Salad

Crisp romaine, grilled chicken, black bean salsa, cheddar jack & baked tortilla strips with avocado chipotle dressing

\$ 3.39



Skylight/Crystal Dinner

Menu

January 7th – January 13th

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

Operations Manager:

Dawn Rios

Executive Chef:

Kwame Akram

Dining Room Coordinator:

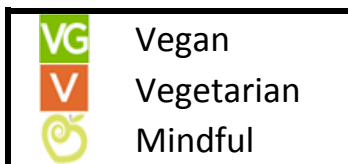
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Dinner Specials

Wednesday January 10th 2018 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 January 12th 2018 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 1/8/18

Salad:	Asian Cucumber and Carrot Salad	VG	
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	V	\$ 0.99
	Wild Rice Pilaf	VG	\$ 0.99
	Turnip Greens	V	\$ 0.99
	Green Beans	VG	\$ 0.99
Dessert:	Tres Leches Cake		\$ 2.69
(Skylight Only)	Peach Slices	VG	\$ 0.69

Tuesday 1/9/18

Salad:	Greek Salad	V	
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	VG	\$ 0.69
	Roasted Ratatouille		\$ 0.99
	Cauliflower	VG	\$ 0.99
Dessert:	Lemon Bar	V	\$ 1.69
(Skylight Only)	Pear Slices	VG	\$ 0.69

Wednesday 1/10/18

Fine Dining Night @ the Skylight

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

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



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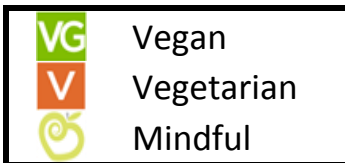
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Thursday 1/11/18

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:	Red Velvet Cupcakes	\$ 1.29
(Skylight Only)	Mandarin Orange Sections	\$ 0.69

Friday 1/12/18 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:	Smothered Pork Chops	\$ 2.59
	Crispy Baked Catfish	\$ 4.79
Side Dish:	Roasted Red Bliss Potatoes	\$ 0.99
	Baked Yellow Squash & Cheese	\$ 1.39
	California Mixed Vegetables	\$ 0.99
	Peas and Onions	\$ 1.09
Dessert:	Assorted Desserts	

Saturday 1/13/18

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:	Tiramisu	\$ 3.99
(Skylight Only)	Pineapple Chunks	\$ 0.69